PEOPLE'S OLYMPICS WIN SULLIVAN OVER, PG10

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Celebrity Buzz

Sutherland ready to go back to work
pg 34

DARRYL DYCK/THE CANADIAN PRESS

Whistler's Ashleigh McIvor celebrates after winning the gold medal yesterday in the women's ski-cross competition at Cypress Mountain. McIvor's victory boosted Canada's gold-medal count to six.

Bravery Rochette skates

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Joannie Rochette reacts after scoring a personal best of 71.36 points in the women's short program last night. The Quebec skater, who finished third ahead of tomorrow's long program, put on an inspirational performance just two days after the sudden death of her mother, Therese. Coverage, page 14.

Queen of ski cross

Champion of new Olympic sport triumphs with gold medal run

VANCOUVER 2010 Games

When Ashleigh McIvor was an undergraduate at the University of British Columbia, she wrote an essay for her English class on why ski cross should be in the Winter Games.

She couldn't have imagined she would become its first Olympic champion.

The 26-year-old native of Whistler secured a place in Olympic history yesterday, winning the inaugural women's ski-cross event in near-whiteout conditions before a packed house at Cypress Mountain.

McIvor, one of the favourites to end up on the podium, threw her arms into the air as she crossed the finish line, then jumped up and down like a kid on Christmas morning.

McIvor

Hedda Berntsen of Norway won silver while Marion Josserand of France took the bronze.

Kelsey Serwa of Kelowna, B.C., just missed making the final to finish fifth. Julia Murray of Whistler was 12th and Danielle Poleschuk of Winnipeg 19th

In making her case for her sport's inclusion in the Games, McIvor delivered a paper that compared ski cross to BMX racing, which was about to make its Summer Olympic debut in Beijing.

"Ski cross is just a new form of ski racing, which has been around for ever — racing your friends to the bottom," said McIvor. "The FIS (world governing body of skiing) is really interested in keeping up with the next generation and keeping the Olympics cool."

From the moment she was granted her wish — ski cross gained entry with the International Olympic Committee's approval in November 2006 — McIvor made reaching the Games one of her primary goals. She was one of the first members of the Canadian national ski-cross team, and remains her sport's most vocal supporter.

"It's such an amazing spectator sport," said McIvor. "Huge features, bank turns and it doesn't need additional infrastructure. The snowboard cross is already there. The same qualifying, same volunteers, same gate judges, it's such a similar event."

McIvor was subdued, almost shy, when receiving her gold medal at a ceremony later yesterday. Greeted by an enthusiastic crowd of flag-waving fans when her name was announced, McIvor raised her hands and gave a modest wave.

THE CANADIAN PRESS

Canada-Russia showdown at Canada Hockey Place today

OLYMPICS This generation's equivalent of the summit series continues today when Team Canada skates onto the ice at Canada Hockey Place to take on Russia at 4:30 p.m.

Russia shut out Canada 2-0 at the Turin Olympics in 2006. Canada is after more than just redemption today — a loss would mean no chance at a podium finish.

Also this afternoon, Clara Hughes, Canada's flag-bearer at the opening ceremonies skates in the 5,000-metre race at the Richmond Oval at 1 p.m.

Later at 6:10 p.m. Canadians Kaillie Humphries and Helen Upperton take their final two runs in women's bobsleigh at the Whistler Sliding Centre.

GREG DOWNS/
FOR METRO VANCOUVER

RRSP Guide

Deadline for RRSP contributions is March 1. Need some guidance? Check pages 18-21

News on the Move

What's this barcode for?
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Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.
• Today — Own the Podium got lost in translation, Scott Russell says, page 15

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Bilodeau **Mint honours champ**

JESSE BELL FOR METRO VANCOUVER

Canadian Olympic gold medallist Alexandre Bilodeau receives a blueprint of his original gold medal at the Royal Canadian Mint Pavilion in Vancouver yesterday. The Mint also presented a commemorative coin to Bilodeau as he was the first athlete to claim gold on home soil.

Pride in plain view

Chants of "Go Canada Go," impromptu performances of the national anthem and visceral screams of "Whoooo!" have echoed throughout Vancouver during the Winter Olympics, in sports venues and bars, on streets packed with fans, out of windows and balconies, on public transit.

The streets have been flooded day and night, in part because of the thousands of international visitors here for the Olympics, but more often than not the people in the massive crowds overtaking the city's core are on home turf.

This is the picture of Canadian patriotism at the Games, a picture more commonly associated with our southern neighbours.

It shouldn't be, says Dan Sochan, a Vancouverite who attended the U.S.-Canada hockey game wearing a hard hat with a Canadian flag on top. He says it shouldn't surprise anyone that people from this country are proud of where they're from.

"I think we're maybe subdued, but I think at the same time we're really patriotic," said Sochan.

"We're the first ones to be throwing flags on our backpacks. We've always been proud to be Canadian — I think we just haven't had this many Canadians in one place to celebrate something before since the Olympics in Calgary."

THE CANADIAN PRESS

Crowds urged to sip tap water, not bottled

CAMPAIGN The Olympic crowds should be encouraged to drink tap water, say the Council of Canadians and one of the country's biggest unions.

Yesterday they launched a campaign in downtown Vancouver to promote the city's drinking water over the Dasani line of bottled water being sold by official Games sponsor Coca-Cola.

"We want to let the public know that tap water is more environmentally friendly and easier on the pocket as well," said Harjap Grewal, spokesperson for the Council of Canadians. "We want to challenge the current status quo."

While this recent tap-water campaign has gained steam due to Vancouver's hosting of the Olympics, both groups have been working with local municipalities and schools on tap-water initiatives for years.

"We've been interested for a long time in keeping tap-water services public," said Robin Roff, spokesperson for the Canadian Union of Public Employees. "We've been working for over a decade on it."

SEAN KOLENKO/ FOR METRO VANCOUVER

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Inukshuks catch eye of blogger

ONLINE Yesterday's rain may have slowed down the crowds in the city, but not our Metro-Blenz bloggers. Here are some more selections from metroblenz-newssquad.com.

• Hundreds of small Inukshuks cover the once-landfill wasteland of the seawall directly across False Creek from Athletes' Village. Apparently, a guy named Ziggy has been devoted to building these rock-balancing beauties for 12 hours a day.

—Tyler Wright

• A great Olympic change I have been enjoying is pedestrian Granville Street! It's beautiful to see this legendary street of ours full of art, sculptures and street entertainers. I would really like to see these activities stay as it livens up the city and makes for a great evening walk.

—Nina Perez

METROBLENZNEWSSQUAD.COM

Photo of the Day **Native dance**

CS LUNG/FOR METRO VANCOUVER

Chief Mike Retasket of the Shuswap Nation dances at the Aboriginal Pavilion in downtown Vancouver. The site celebrates the four host First Nations. Until March 1, Metro will publish a Photo of the Day submitted by a Metro reader or member of the Metro-Blenz News Squad. Send your submissions to vancouver-letters@metronews.ca.

metronews.ca

WHAT'S ONLINE TODAY

Blogs SpinDoctor can't resist the bizarre sight that was Tiger Woods' televised apology and Kenya Hunt on outerwear's very good year at London Fashion Week

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News in brief

LOCKOUT The lockout of the almost 300 food-services employees at 16 restaurants at Vancouver's airport is over. HMSHost ended the lockout yesterday on the condition that workers refrain from striking until the end of the Paralympics.

AIRPORT YVR is preparing for the busiest day in the airport's history when as many as 40,000 athletes, coaches, media members and visitors leave on March 1, the day after the closing ceremonies.

METRO NEWS SERVICES

There are hundreds of reasons to visit Taiwan. We've just added one more.

You could win 1 of 10 round-trip tickets to Taiwan*

To commemorate China Airlines' 10 years of service from Vancouver to Taipei, we're offering you a chance to win 1 of 10 round-trip tickets to Taiwan. There are many exciting events and activities in Taiwan. These include experiencing the Lantern Festival, enjoying the Taipei International Flora Expo, cycling, and bird watching. Discover why Taiwan is one of Asia's must-see destinations.

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*Contest period: January 12 to March 23, 2010. Round-trip ticket is from Vancouver to Taipei. Travel must be completed between May 1 and December 31, 2010. You are required to answer 2 skill questions. Some restrictions apply. Visit www.flyfree2taiwan.com for details.

Celebrate Canada's snowboarders today

Mayor Gregor Robertson has declared today Canada Snowboard Day in Vancouver to honour snowboard cross gold medallist Maëlle Ricker and the Canadian snowboard team. The proclamation will be made at 9:15 p.m. at LiveCity Yaletown at David Lam Park. METRO VANCOUVER

Plan ahead as Games wind down

BeatTheTraffic

I have to say that a couple weeks ago, I was wishing I was one of those people who decided to flee to the tropics over the Olympic period. But now I feel sorry for those who did.

To miss out on the way our city has been shining and not experience that Olympic spirit would have been a huge loss. We'll just have to try to relay to our tanned family members and friends the unbelievable feeling of pride and happiness those of us who stuck around felt with the stories and pictures of the past 13 days.

This week is going to be pretty crazy with men's and women's hockey and curling quarter- and semifinals, and the closing ceremonies on Sunday. So many people are going to be cramming themselves into the downtown core to take in every last second of Olympic festivities and events. Plan far ahead of time and pre-buy your transit tickets for your ride home. Allow yourself a lot of extra time. Don't arrive at your desired pavilion or restaurant and expect a seat, or even to be able to get in. Have a solid Plan B ready to go.

Watch Michel weekday mornings on Breakfast Television and her nightly Traffic Forecasts on Citytv, cable 13.

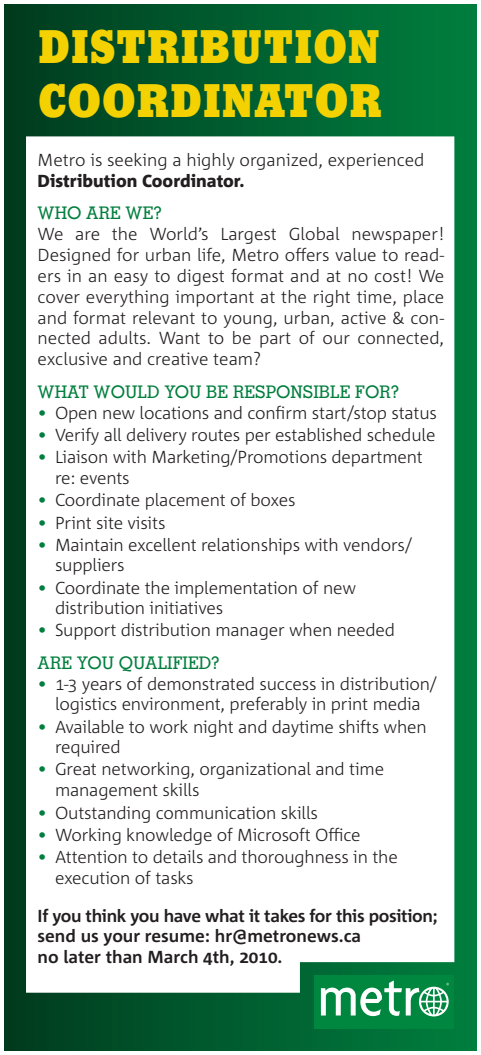
Heads up

- I'm expecting a big rush of traffic next week as people come home from vacation. Brace yourself, even though most of the road closures will be lifted, as there will still be some closures for the Paralympics. Stay tuned!

News in brief

KOENIG Actor Walter Koenig — who played Chekov in the original Star Trek series — arrived in Vancouver yesterday to help search for his missing son. Andrew Koenig, 41, was last seen near Stanley Park on Feb. 14 and suffers from depression.

LIQUOR Private liquor stores in Vancouver could stay open until 11 p.m. for the second night in a row yesterday. Police asked shops to close at 7 p.m. on the weekend to curb public drunkenness. METRO VANCOUVER



Games beat American Idol in ratings
Coverage of the Vancouver Olympics is so popular in the United States that last Thursday it actually beat the popular American Idol program for top spot in the ratings, a feat that hasn't been achieved by another program in six years. METRO VANCOUVER

Protesters champion meek marmot mascot

SEAN KOLENKO
for Metro Vancouver

If an activist group calling themselves the MukMuk Mascoteers has their way, the virtual critter will achieve official mascot status for the remainder of the Olympics.

Organizers led a nearly 20-person rally yesterday afternoon around the Vancouver Art Gallery, chanting slogans of "marmots have feelings too" and "free MukMuk now."

The group attracted quite the crowd of onlookers — about 50 people — who were in the area taking pictures of the countdown clock and the mural currently wrapping the gallery.

Amanda Visser protests at yesterday's MukMuk rally at the Vancouver Art Gallery.
SEAN KOLENKO/FOR METRO VANCOUVER

"We are just a group of people having a great time at the Olympics," said Shantel Shave, coordinator of the MukMuk Mascoteers.

"We just wanted to get out there, add a bit more fun and make sure this doesn't happen to sidekicks in the future."

While yesterday's rally was planned over the past week, support for MukMuk — who represents the endangered marmot population of Vancouver Island — has been building since 2008 when the official Olympic mascots, Quatchi, Miga and Sumi, were announced. Originally, MukMuk was meant to remain an online-based sidekick to the big three, but overwhelming public support forced VANOC to put MukMuk on official Olympic merchandise.

Scarcer and scarcer

Foundation working to replenish marmot population

- There are fewer than 90 Vancouver Island marmots in the wild.
- After a record low of 30, Nanaimo's Marmot Recovery Foundation started a breeding program with the goal of releasing 400 to 600 marmots to their natural habitat.

Winter finally arrives atop Cypress

WEATHER It began to snow yesterday on Cypress Mountain, the problem child of Vancouver Olympic venues. By mid-afternoon the mountain was the winter vista that had been sorely lacking for the first half of the Games.

Renee Smith-Valade, spokeswoman for VANOC, said staff may actually need to clear some of the snow from the courses.

"We're confident we'll be able to stage the competitions through the weather that's forecast, but it will require an ongoing gold-medal performance from the team that's up there," Smith-Valade said.

If not, officials will have to decide whether to postpone the remaining aerials, ski-cross and parallel giant slalom events.

Several events have been postponed at Cypress due to fog and snow conditions, but as the end of competition nears, Smith-Valade said the number of days built into the schedule to run postponed events is limited.

"So we'll very much look to finding those windows where we can stage the sport events, even if it's only a couple of hours when we know the weather will clear. And it does clear quite quickly.

"That venue has put us to the very limits of our creativity in terms of making sure that we're offering the best field of play for the athletes," she added.

THE CANADIAN PRESS

Stormy weather

- Up to 15 centimetres of snow is expected today and flurries mixed with rain are predicted to continue until Saturday.

Burrard Inlet **Trial run**

ROBERT SKINNER/THE CANADIAN PRESS
A Mars water bomber makes a pass over Burrard Inlet near the Main Press Center yesterday. The B.C. government was showing off its wildfire-fighting skills as part of Forestry Day.

News in brief

POLL One half of Canadians — 52 per cent — say they believe the Vancouver Olympic Games are more a defining national moment than the 1972 Hockey Summit Series, according to an Ipsos Reid poll. In addition, 74 per cent believe the Games are Canada's Games, not Vancouver's (22 per cent) or British Columbia's (four per cent).

MICE Olympic organizers say bales of straw trucked in to Cypress Mountain to shore up the snowboarding and freestyle skiing courses held loads of tiny, furry stowaways. Stephen Boudreau says the mice don't pose a problem. "They feed the owls," he said.

METRO NEWS SERVICES

VANOC cracks down on CBC-emblazoned flags

VANOC has asked the CBC to stop handing out small Canadian flags to passersby outside their downtown studio because the flags include the company's logo on the back. That's a problem because the CBC is not an official sponsor of the Games and the flags are being waved inside nearby B.C. Place and Hockey Canada Place. METRO VANCOUVER

MLA facing charges

A North Shore Liberal MLA says she's facing drunk driving charges.

Jane Thornthwaite said yesterday she was caught in an RCMP road check in North Vancouver on Monday night.

She says drinking and driving is dangerous and completely unacceptable and her actions are inexcusable.

Thornthwaite says she accepts full responsibility for what she did and will co-operate fully with Crown counsel through her lawyer.

She's also offering apologies to her family, friends, colleagues and her constituents, saying she failed to meet the standards she set for herself as a mother and a public official.

Thornthwaite's boss, B.C. Premier Gordon Campbell, was convicted of drunk driving in Hawaii in 2003. THE CANADIAN PRESS

Cauldron **RCMP thrill**

STIG NIELSEN/FOR METRO VANCOUVER

Members of the RCMP Musical Ride thrill tourists at the Olympic cauldron at the Jack Poole Plaza in Coal Harbor yesterday.

Opening ceremony artists lead iTunes downloads

VANCOUVER 2010 **Games**

MUSIC The top downloaded songs in Canada for iTunes are from artists who sang at the opening ceremonies of the Vancouver 2010 Winter Olympic Games.

The rendition of Hallelujah by k.d. lang brought the singer back into the spotlight, and back up the charts, garnering the second most downloads on iTunes Canada. It's only behind Nikki Yanofsky's I Believe, the official broadcast theme song for the Vancouver Olympics.

The 16-year-old Yanofsky also sang O Canada at the opening ceremonies.

GREG DOWNS/ FOR METRO VANCOUVER

Ontario looks to tap into Internet gambling 7

Ontario is looking at cashing in on Internet gambling, following the lead of other Canadian provinces in having its lottery corporation possibly deliver online wagering. THE CANADIAN PRESS

Canada

Business tax cuts to stay: Officials

Feds to look at spending cuts to rein in deficit

Faced with skyrocketing debts, the federal Conservatives say they will begin cutting spending on government programs in the March 4 budget. But the massive corporate tax cuts that are deepening Ottawa's deficit hole every year will not be touched, officials say.

Despite a record annual budget deficit of $56 billion, Finance Minister Jim Flaherty will look elsewhere to try to start putting the federal government's financial house back in order.

In fact, the government is expected to continue phasing in deeper business tax reductions over the next few years.

In all, between 2008 and 2014, these cuts are reducing the cash-strapped federal government's tax take by a cumulative $60 billion.

While these major tax savings for business have attracted little public attention, they are an important factor in the financial mess that has arisen since Prime Minister Stephen Harper's Conservatives took power.

Without the corporate tax reductions brought in by Flaherty since 2006, the $160-billion cumulative budget deficit being run up by 2014 would be reduced by more than one-third — to about $100 billion.

There have been ripples of concern on Bay Street that corporate tax breaks would offer a tempting target for a deficit-burdened finance minister. In a research report last month, BMO Capital Markets analysts noted that the Harper government has been reducing taxation of corporate profits "with the objective of improving productivity and being globally competitive."

But the report speculates that Flaherty, in an attempt to deal with Ottawa's budget shortfall, might delay or adjust the planned reduction in federal corporate tax rates. The rates are scheduled to be reduced to 15 per cent in 2013 from 19 per cent in 2009.

TORSTAR NEWS SERVICE

NDP response

- The NDP says that, as a result of 10 years of cutting corporate taxes, individuals are carrying 61 per cent of the cost of government programs, while corporations now pay only 15 per cent.

CSIS visit led to torture: Records

TERROR Newly released records say Canada's spy agency travelled to Egypt to get information from a Toronto man, likely contributing to his mistreatment by authorities there.

The previously unknown visit by Canadian Security Intelligence Service officers became public yesterday as a federal commission disclosed once-secret pages of an inquiry report on the overseas torture of Ahmad El Maati and two other Arab-Canadians.

THE CANADIAN PRESS

Justice Pre-trial custody credit cut

FRED CHARTRAND/THE CANADIAN PRESS

Legislation limiting the amount of credit prisoners can get for time served in custody before and during their trial has become law, Justice Minister Rob Nicholson announced yesterday.

m.metronews.ca

SCANLIFE

A Quebec singer beaten unconscious by strangers blasts drunken tourists from English Canada. Scan this code for the story.

News in brief

GRAMMAR It has become as emblematic and familiar to TV viewers of the 2010 Winter Games. But that musical phenomenon known as I Believe may in fact provide the true legacy of the Games: Bad grammar. The line "I believe in the power of you and I" should be "believe in the power of you and me," grammarians say.

THE CANADIAN PRESS

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UN urges Albanians to co-operate with investigation into organ harvesting claims

A UN human rights expert is urging Albania to fully co-operate with a probe into claims Serb civilians were killed in the country for their organs during the 1999 war in Kosovo. Serbian officials claim ethnic Albanian guerrillas sent kidnapped Serb civilians to Albania during the war, killed them and sold their organs on the black market. THE ASSOCIATED PRESS

World

Court weighs material support of terror

The Obama administration is defending parts of a key anti-terror law against a U.S. Supreme Court challenge from humanitarian groups. The administration urged the court yesterday to uphold the law's ban on providing support to foreign terrorist organizations designated by the State Department even when it consists of training and advice about peaceful activities such as lobbying the United Nations. The government's lawyer Elena Kagan said any aid to terrorist groups "strengthens them." THE ASSOCIATED PRESS

Gates says Europe hindering NATO

WASHINGTON Europeans' aversion to military force is limiting NATO's ability to fight wars effectively, U.S. Defence Secretary Robert Gates said yesterday.

The early successes of NATO in averting post-World War II eruptions of European conflict have led to a new set of concerns, Gates said.

"The demilitarization of Europe — where large swaths of the general public and political class are averse to military force and the risks that go with it — has gone from a blessing in the 20th century to an impediment to achieving real security and lasting peace in the 21st," he told an audience from many of NATO's 28 member countries. The danger, he added, is that potential future adversaries may view NATO as a paper tiger.

THE ASSOCIATED PRESS

German bishop in hot water

HANNOVER The head of Germany's Lutheran Church is facing a criminal investigation and intense public scrutiny after being caught driving drunk. Bishop Margot Kaessmann was stopped by police after ignoring a red light in Hannover on Saturday, church spokesman Reinhard Mawick said. Kaessmann was quoted by the daily newspaper Bild as saying "I'm shocked at myself that I committed such a grave mistake. I'm aware how dangerous and irresponsible drunk driving is." THE ASSOCIATED PRESS

NATO chief apologizes

McChrystal goes on Afghan TV in attempt to regain trust

The commander of U.S. and NATO forces went on Afghan national television yesterday to apologize for a deadly airstrike, an extraordinary attempt to regain Afghans' trust while a mass offensive continues against the Taliban in the south.

In a video translated into the Afghan languages of Dari and Pashto, a stern Gen. Stanley McChrystal apologized for the strike in central Uruzgan province that Afghan officials say killed at least 21 people. The video was also posted on a NATO website.

"I pledge to strengthen our efforts to regain your trust to build a brighter future for all Afghans," McChrystal said in the video. "I have instituted a thorough investigation to prevent this from happening again."

21 Afghan civilians killed in Sunday's airstrike.

Sunday's attack by NATO jets on a convoy of cars was the deadliest attack on civilians in six months and prompted a sharp rebuke from the Afghan government.

The civilian deaths occurred as 15,000 NATO, U.S. and Afghan soldiers were in their 10th day of fighting insurgents in the town of Marjah. A Romanian soldier was killed Tuesday and another was wounded in a bombing in southern Afghanistan unrelated to the offensive, Romanian officials said.

Two U.S. Marine battalions, accompanied by Afghan troops, pushing from the north and south of the insurgent stronghold finally linked up after more than a week yesterday, creating a direct route across the town that allows convoys to supply ammunition and reinforcements.

Although the airstrike was not related to the Marjah offensive, civilian casualties undermine NATO's goal of turning back the Taliban and restoring the Afghan people's confidence in their own government — one of the main objectives of the southern operation that hopes to rout the Taliban, set up a local government and rush in aid. THE CANADIAN PRESS

India Sikhs protest murders

CHANNI ANAND/THE ASSOCIATED PRESS

A Sikh man protests against the Taliban and Pakistani government in Jammu, India, yesterday. The protest took place after the decapitated bodies of two Sikhs were found almost a month after they were kidnapped in Pakistan's Khyber tribal region.

Where planes go to die: Now visible to all

ARIZONA From far above it looks a bit like an impressionist painting — all dots, crosses and lines. But take a second look and it becomes a picture of thousands of retired aircraft.

For the first time ever Google Earth has released high-resolution pictures of "The Boneyard" — the world's largest military aircraft cemetery adjacent to the Davis-Monthan U.S. Air Force Base in Tucson, Ariz.

Officially it is called the 309th Aerospace Maintenance and Regeneraton Group (AMARG) facility. It covers about 2600 acres and is home to 4,400 retired aircraft from all branches of the U.S. military, including U.S. planes flown during the Second World War, and 13 aerospace vehicles.

It is here that planes such as the F-4 Phantom II, the F-16 Fighting Falcon, the F-14 Tomcat come to end their lives. Also here are the B-52 Cold War era bombers, retired in the 1990s, thanks to the SALT disarmament treaties between the U.S. and the Soviet Union. The airplane fleet here is valued at $35 billion US. The site has been called "The Boneyard" because the folks at AMARG are responsible for reclaiming spare parts and the eventual disposal of spent airframes. It also refurbishes many planes, returning them to flying status and preparing them to be transported overland.

TORSTAR NEWS SERVICE

m.metronews.ca

ScanLife

A crowd of evangelicals attacked Voodoo practitioners as rising religious strife adds to Haiti's woes. Scan this code for the story.

News in brief

LOUISIANA A 52-year-old woman has pleaded guilty to two counts of sale of a minor for trading two children to a couple in exchange for an exotic pet bird and $175 US. Donna Louise Greenwell received 15 months of hard labour on each count on Monday, which she will serve concurrently. The Evangeline Parish Clerk of Court's Office tells The Advocate newspaper that Greenwell will begin serving her sentence March 25. The couple, Paul James Romero and Brandy Lynn Romero, each pleaded guilty to the same charges in October. Greenwell was accused of selling the couple a four-year-old girl and five-year-old boy in return for the cash and a cockatoo. Both children were in Greenwell's care after their biological parents had left them with her.

THE ASSOCIATED PRESS

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Gull-chasing spaniel survives 90-metre fall

British rescuers say a dog that chased a seagull and fell off a 90-metre cliff into the sea on Feb. 14 has survived with only minor injuries. Paul Legendre of the Royal National Lifeboat Institution search and rescue service says the spaniel fell straight into the sea, but there was just enough water to cushion the fall. THE ASSOCIATED PRESS

Arrest warrant out for mother

Vermont woman still missing with child shared with ex-partner

A judge overseeing a custody battle ordered the arrest yesterday of a woman who renounced homosexuality, became an evangelical Christian and disappeared with the young daughter she had with her ex-partner.

Judge William Cohen found Lisa Miller of Vermont in contempt of court and issued the arrest warrant during a hearing in family court.

"I hope the judge's order today gives law enforcement the tools they need to find my daughter," Miller's ex-partner, Janet Jenkins, said after the hearing, and asked anyone who has seen her to contact police. THE ASSOCIATED PRESS

Civil discord

- Lisa Miller and Janet Jenkins were joined in a civil union in 2000 and Isabella was born to Miller in 2002. The couple split in 2003.

Haiti gives U.S. seized orphans

LEGAL Haiti has handed U.S. officials six orphans its police seized over the weekend as they were about to board a plane for the United States, a top Haitian official said yesterday.

Social Welfare agency chief Jeanne Bernard Pierre would not say exactly when her office transferred the children to the U.S. Embassy, and officials there did not return calls seeking confirmation. A spokeswoman for U.S. Sen. Amy Klobuchar of Minnesota, who intervened on behalf of the four women trying to escort the orphans out of Haiti, said the children were cleared to depart Haiti by all the required government agencies. THE ASSOCIATED PRESS

17 dead in mining blast

TURKEY A methane gas explosion yesterday caused the collapse of an underground chamber of a Turkish coal mine in northwestern Turkey, killing 17 workers, a state-run news agency said.

The blast at the mine near the town of Dursunbey in Balikesir province buried the miners nearly 250 metres below the surface, said Erhan Ortakoylu, the owner of the mine.

Rescue work was called off after 29 other workers were evacuated, the state-run Anatolia news agency said.

It was the second deadly gas explosion at the same mine within three years when 17 miners were killed in June 2006. THE ASSOCIATED PRESS

News in brief

ASIA An Indonesian park ranger escaped an attack by a Komodo dragon, the world's largest lizard species, when his colleagues heard his cries for help and drove the reptile away. Marcelinus Subanghadir was outside his hut on Komodo Island late Monday when a more than two-metre-long dragon grabbed hold of his right foot. THE ASSOCIATED PRESS

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Comment

Canadians *own* these Olympics

TheWestView

VANCOUVER 2010Games

The media, me included, never saw it coming.

It took a long time for us to recognize it, though we were all sniffing around looking for The Olympic Story like hungry hounds for a ham bone.

I knew something was up as I walked to my downtown Vancouver office on the second morning of the Games: There was a lineup in front of what is usually the SFU Business School, now transformed into the Canada Mint Pavilion.

It was 8 a.m., yet there were hundreds, even thousands, of people standing in line waiting for ... something.

It took the media a couple of days to figure it out ... were they in line to buy commemorative coins? No, it turns out they lined up just to touch an Olympic medal.

Huh?

And if you think waiting for up to seven hours just to touch a medal is strange, there are people lined up for all kinds of weird and wonderful things in this Olympic-besotted city: Buy a pair of Olympic mittens; get an unobstructed view of the Olympic torch; buy a $9 beer at a pavilion; ride the zipline across Robson Square; ride the Canada Line; or buy the culinary street sensation of these Games: The Japadog, a bizarre concoction of bratwurst, seaweed and wasabi that enjoys inexplicable multicultural appeal.

And that, folks, is The Story. The "people" have redeemed these Games.

Instead of joining the anvil chorus of Olympic scolds, people just decided to celebrate.

They parted company with the media right from the opening ceremonies, when all we saw was mechanical failure. They saw magic. We saw the mess up at Cypress Bowl. They went and cheered their champions, lustily exhorting them to go ahead, own the podium; don't be shy. We saw the oppressive boot of VANOC land on unauthorized Olympic marketers. They went out and bought every single piece of official Olympic gear available, including more than three million pairs of red mittens. Even the lions guarding the entrance to the Lions Gate Bridge have their own, super-size red mittens.

We were in denial, but they were irrepressible. And they won. These Olympics are a success because ordinary Canadians embraced them and infused them with enough good cheer to vanquish any residual gloom. They have set the bar for successive Olympic crowds. The U.S. may own the podium, but Canada owns the stands. And the streets.

As a charter member of the anvil chorus, I admit defeat. We spent six billion bucks on the stupid Olympic Games. And to our surprise, we got a huge shot of grassroots national unity as a bonus. This city, this nation, will never be the same.

With five days left, what can I say? Go Canada Go.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Has Canada's image been tarnished by foreign criticism of the Vancouver Olympics?

Yuka Syme
Burnaby
A: The only important thing is that people enjoy the events. And you can see all the smiles, and that's what matters.

Jan Arciszewski
Vancouver
A: That's the thing about Canadians, we don't care. I mean, let's go have a beer, it doesn't have to be perfect.

Vikki Wishart
Vancouver
A: The energy has been nothing but positive. I don't know what's going on out there, but here, people are very happy and the energy level is very high.

Jordan Walker
Halifax
A: That kind of thing goes along with each Olympics. I think for me and most people I've talked to it's actually boosted our patriotism.

Salar Babaeiha
Toronto
A: I think so much of the bashing has come from Britain because they are hosting the next Olympics ... puts less pressure on them so people won't expect as much from them.

Tarra Kongsrude
Edmonton
A: I think foreign media is always looking for an angle ... There have certainly been far worse Olympics and this one has shown great heart and personality.

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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CGI wins $2.2M contract
Information technology firm CGI Group Inc. said yesterday it has won a $2.2-million contract to provide management software to Toronto's Sunnybrook Health Sciences Centre. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Wall Street bonuses topping $20B: Official

Wall Street bonuses were up 17 per cent to over $20 billion US in 2009, the year U.S. taxpayers bailed out the financial sector after its meltdown, New York state Comptroller Thomas DiNapoli said yesterday.

Total compensation at the largest securities firms grew beyond that figure and profits could surpass what he calls an unprecedented $55 billion last year, DiNapoli said. That's nearly three times Wall Street's record increase, a rate of growth that is boosted in part by the record losses in 2008 of nearly $43 billion, the Democrat said.

"Wall Street is vital to New York's economy, and the dollars generated by the industry help the state's bottom line," said DiNapoli. "But for most Americans, these huge bonuses are a bitter pill and hard to comprehend ... Taxpayers bailed them out, and now they're back making money while many New York families are still struggling to make ends meet."

DiNapoli supports reforms that require Wall Street bonuses to be tied to long-term profitability, to force more stability in the volatile markets and "make sure the securities industry thrives without driving the rest of us out on a fragile economic limb."

DiNapoli reviews tax collections each year and bases his annual projection of Wall Street bonuses on income and other taxes paid in New York City.

And there's more

- The bonus estimate doesn't include compensation that Wall Streeters chose to take in stock options and other kinds of deferred payment.

DiNapoli notes the bonuses help state revenues tremendously as it faces an $8.2-billion deficit, but they are a "bitter pill" to most taxpayers nationwide.

He said the bonus pool is a third less than the amount paid out two years ago when Wall Street had its previously most profitable year.

The estimate does not include stock options that have not yet been realized or other forms of deferred compensation. This year's estimated bonus pool is third less than the amount paid two years ago, the previous most profitable year.

For example, Morgan Stanley CEO James Gorman could receive a stock bonus currently valued at $8.1 million for 2009 if he meets certain performance targets, the bank said in January.

Gorman is getting deferred stock worth $5.4 million but no cash bonus for 2009, Morgan Stanley said in a filing. Gorman can't cash in the stock for three years.

Banks had been expected to hand out near-record compensation for last year's performance. THE ASSOCIATED PRESS

California **Shakey confidence**

PAUL SAKUMA/THE ASSOCIATED PRESS

A shopper passes by an advertisement at NewPark Mall in Newark, Calif., In this file photo. A monthly poll shows U.S. consumers' confidence took a surprisingly sharp fall in February amid rising job worries.

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George Weston touts $82M in profits

EARNINGS Canadian bakery and grocery giant George Weston Ltd. says its net earnings were $82 million in the fourth quarter, as sales dipped 6.4 per cent over the same time last year.

The company said its profit amounted to 53 cents per share for the period ended Dec. 31, compared with earnings of $2.69 per share, or $405 million, a year earlier when it booked gains from the sale of its Neilson Dairy business.

George Weston, which controls grocery retailer Loblaw Cos. in addition to various food producing businesses, sold the Neilson Dairy business to Montreal-based Saputo Inc. for $465 million in November 2008.

The company said that excluding the Neilson sale, the company's earnings performance was strong for the quarter when compared to a year earlier.

Quarterly revenue slipped 6.4 per cent to $7.5 billion in the period, falling in line with analyst estimates. THE CANADIAN PRESS

Gillette CEO mum on Tiger's future

ENDORSEMENTS The CEO of the Procter & Gamble Co. says he doesn't know whether golfer Tiger Woods will ever appear in another Gillette commercial.

Bob McDonald says P&G wishes Woods the best on his efforts to work on family issues, after Woods' public apology for infidelity last Friday.

"He doesn't need to be distracted by us using his advertising, and we don't need the distraction of us using the advertising, either," McDonald told The Associated Press.

Woods still appears online among the "Gillette Champions," but new commercials for a Gillette shaver and related products feature baseball's Derek Jeter and tennis' Roger Federer but not Woods. The three were in Gillette's major advertising campaign last year.

Asked if Woods will be in future advertising, McDonald replied: "I don't know ... we've got lots of great spokespeople."

P&G unit Gillette signed Woods to a contract in 2007; Gillette officials decline to say its length and value. THE CANADIAN PRESS

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ScanLife
PGA officials play down Tiger's absence from the tour as merely a "speed bump" for revenues. Scan this code for the story.

Restore confidence, Japan tells Toyota

RECALL HEARINGS Japanese Cabinet ministers called yesterday for Toyota to use high-profile congressional hearings in Washington to restore consumer confidence in the key U.S. market.

Top Toyota officials were scheduled to answer questions from committees in the House of Representatives beginning yesterday. Akio Toyoda, Toyota's president and grandson of the company founder, is scheduled to appear today.

The world's top automaker is facing an unprecedented crisis over its massive recalls of vehicles due to defects involving floor mats, gas pedals and brakes that have called into question its reputation for quality and safety honed over decades.

"Toyota is a company that has always put safety first," Trade Minister Masayuki Naoshima told reporters after a Cabinet meeting.

"I hope its explanation will help the U.S. public understand this."

Naoshima also said that Toyota must ease concerns among American consumers.

"Regaining trust is the most important thing for Toyota," he said. THE ASSOCIATED PRESS

ALEX BRANDON/THE ASSOCIATED PRESS

Rhonda Smith of Sevierville, Tenn., wipes her eyes as she talks about her experience with her Lexus' apparent sudden acceleration, while testifying before the House Oversight and Investigations subcommittee hearing on Toyota, yesterday, on Capitol Hill in Washington.

Woods says sorry again: Report

Tiger Woods has offered another apology, this time to parents of children at the preschool that his two-year-old daughter attends, an Orlando television station reported yesterday. THE ASSOCIATED PRESS

Sports

Peppers to be free agent

The Carolina Panthers have decided the price is too steep to keep their all-time sacks leader. Five-time Pro Bowl defensive end Julius Peppers, right, is about to become one of the top prizes in free agency. General manager Marty Hurney announced yesterday the team won't place the restrictive franchise tag on Peppers for a second consecutive year at a cost of at least $20.1 million US. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

South Africa not yet ready to host World Cup: FIFA

PLANNING FIFA secretary general Jerome Valcke said yesterday he still doesn't know where all 32 World Cup teams will be based during the tournament in South Africa.

FIFA wanted the list of training camps completed yesterday, but those plans have been derailed by teams still changing their plans ahead of the event, which starts June 11.

With more than three months to go, organizers still face problems with Soccer City — the incomplete Johannesburg venue for the opening match and final. Organizers also need to fill stadiums and handle the scrutiny on England's proposed training camp.

"If the question is, 'Could we host the World Cup tomorrow morning?' the answer is no," Valcke said after a meeting in Sun City.

"At this stage, we couldn't play the World Cup because Soccer City isn't ready. At this stage, we couldn't play the opening game. That's a fact. At this stage we have 700,000 tickets still to sell, at this stage I can make a list of things that aren't ready for the World Cup.

"We have 108 days — it seems short, it is short, but even if we have to stay awake all night, every day we will be ready by the time of the World Cup."

FIFA still hasn't had confirmation from England that it will be based at the Royal Bafokeng Sports Campus near Rustenburg. There was concern about the state of its training field and accommodations.

Valcke was part of a high-level delegation featuring top African soccer officials who inspected it along with England coach Fabio Capello. THE ASSOCIATED PRESS

m.metronews.ca

ScanLife

World class gouging? South Africa probes dodgy hotel pricing during the World Cup. Scan this code for the story.

Canada loss 'stung' Bay

Mets' off-season acquisition arrives at spring training

Jason Bay arrived at the New York Mets' spring-training camp yesterday and talked about everything from his health, to his defence, to his reaction to Canada's loss to the U.S. in Olympic hockey.

"That stung a little bit," said Bay, a British Columbia native who became a U.S. citizen last summer, but was quick to add, "I'm still a Canadian, through and through."

He's also a Met, having signed a four-year, $66-million US contract as a free agent in December. And his adjustment to playing for his new team dominated the conversation during a 20-minute question-and-answer session with the media at Tradition Field.

"I've walked into a new clubhouse before," Bay said.

Until now, however, he hasn't played in the demanding New York market. Nor has he played half his games within the cavernous confines of Citi Field.

But Bay, a three-time All-Star and the 2004 National League rookie of the year, said neither the size of the market nor the ballpark was a factor in his decision to sign with the Mets.

"I honestly never gave a ballpark any second thought," said Bay, 31, who batted .267 with 36 home runs and 119 RBIs for the Boston Red Sox last season. "Or geography. A lot of people had me pegged as a West Coast guy because I live in Seattle.

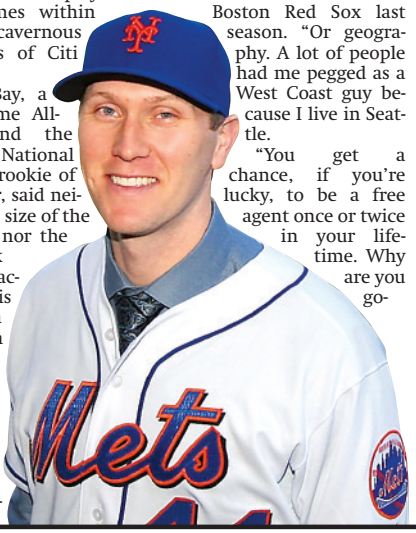
"You get a chance, if you're lucky, to be a free agent once or twice in your lifetime. Why are you going to limit yourself to a ballpark or a city? I played in Pittsburgh. It's not PETCO (in San Diego), by any means, but it's definitely not Fenway over in left field, either.

"I'm confident with myself," he added.

"At the end of the day, I try to get on base and try to knock in runs. If you knock in 100 runs with 10 home runs, so be it. That's by no means my plan."

That's not the Mets' plan, either.

The Mets brought Bay to New York to provide power, something that was in short supply as David Wright struggled to hit home runs and the team stumbled through an injury-ravaged, 92-loss season in 2009. THE ASSOCIATED PRESS

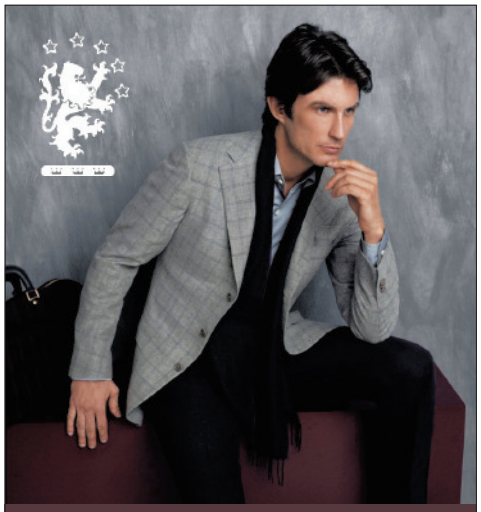


Jason Bay

Sports in brief

CFL The Winnipeg Blue Bombers signed free-agent quarterback Steven Jyles yesterday and also released veteran Michael Bishop. The six-foot, 195-pound Jyles spent the last two seasons with the Saskatchewan Roughriders.

NHL The home ice of the NHL's Nashville Predators is expected to get a new name from another company that's close to home. The current Sommet Center in downtown Nashville will become Bridgestone Arena. METRO NEWS SERVICES



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4. Stephanie Warren	N, CA	864	369	516	885
5. Christian Gagnon	N, CA	839	355	524	879
6. Kyle Turk	N, CA	890	370	503	873
7. Dennis MacDougall	N, CA	860	360	511	871
8. Cole Warren	N, CA	872	330	536	866
9. Bernie Horton	O, CA	826	359	505	864
10. Joanne Doiron	N, CA	832	349	513	862
11. Blaine Schlechter	A, CA	852	350	509	859
12. Jordan Camponi	A, CA	838	336	521	857
13. Jean-Paul Osborne	Q, CA	877	350	505	855
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15. Darrick Bowden	N, CA	848	338	513	851

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Kornheiser suspended by ESPN

ESPN has suspended host Tony Kornheiser from his television talk show Pardon the Interruption for comments he made on the radio last week about SportsCenter anchor Hannah Storm's clothing. Kornheiser described an outfit Storm was wearing last week by saying she looked "like she has sausage casing wrapping around her upper body." THE ASSOCIATED PRESS

CARLOS OSORIO/TORSTAR NEWS SERVICE

The Raptors plan to use Antoine Wright to guard Brandon Roy, LeBron James and Kevin Durant in the fourth quarter.

One tough assignment

Raps' Wright must guard 3 all-stars in next 3 games

Turns out Antoine Wright might have a little bit of masochism in him.

The Raptors swingman walks over to a reporter after getting in some extra work after practice yesterday afternoon and it's pointed out to him that his next three nights of work should entail having to deal with Brandon Roy, LeBron James and Kevin Durant.

Instead of cowering, he smiles.

"That's the best news I've heard all week," Wright said, making one wonder just what kind of horrible week he's endured. "What did you say again? Who?" That'd be Roy, all-star swingman of the Portland Trail Blazers — young, quick, strong — who will be in Toronto tonight to face the Raptors.

And James, all-world, all-everything Cleveland Cavalier who comes to town Friday night. Then a final date with Durant, one of the best young basketball players in the world, a lithe, lethal scoring machine on an Oklahoma City Thunder team that's the hottest in the NBA.

They're like Pestilence, Famine and Drought to most NBA defensive specialists.

Except, it turns out, to Wright, who will guard each of those three all-stars in the fourth quarter of Toronto's next three games if things go according to plan.

"I'm looking forward to it; it's going to be fun all week," he said.

This guy probably looks forward to root canals and tax audits, too.

But if the Raptors are to be at all successful over the next four games — the stretch ends in Houston Monday — Wright is going to have to play a critical role. Coach Jay Triano calls him his "defensive stopper" and whatever systems the Raptor staff devises for Roy, James and Durant will unquestionably include Wright guarding the other team's best player in the fourth quarter.

It was a large part of how the Raptors spent their practice time yesterday in advance of Roy's visit.

TORSTAR NEWS SERVICE

Suzuki seems comfortable with Mariners

BASEBALL Ichiro Suzuki can talk about separating the way last season ended from the start of a new year, but all indications are that the good vibes will linger with the nine-time All-Star.

The Seattle Mariners won their final game of 2009, finishing with 85 wins, and had the fans at Safeco Field wishing the season could go on. Teammates carried Suzuki, the team's biggest star, off the field on their shoulders.

Fast forward to Monday and Tuesday, with Suzuki returning the love through a lot of hugs and handshakes and joking with his teammates in a jovial clubhouse and on the field.

'This year we have one new coach, but besides that everyone's all here.'
Ichiro Suzuki

Suzuki was particularly glad to see Ken Griffey Jr. Junior held Suzuki back from starting his shuttle run during yesterday's workout on purpose, drawing laughter from onlookers. Later, as Suzuki ran, Griffey jogged alongside, egging him on.

"I think he came back this year to do that to me," Suzuki said through an interpreter. "He said he needed to do more against me than last year, so I guess this is a good start for him.

"I wasn't missing it at all, but I was prepared for it," Suzuki added.

Let the fun begin again in what was last year a good-time environment among the Mariners.

"I feel very comfortable this year because when you talk about the coaches we've been having, new coaches almost every year, that's what it seems like. But this year we have one new coach, but besides that everyone's all here. Besides that, it's hard to hug someone you don't know," he said.

Suzuki, Seattle's right fielder in his 10th major league, season spoke following the Mariners' first full team workout of spring training, held under sunny skies after three days of limited schedules because of rain. The biggest surprise of Day 1 was regular second baseman Jose Lopez taking ground balls at third, while Chone Figgins, presumably signed in the off-season to play third, was working at second base.

"We're just looking to see what our different options are," Mariners general manager Jack Zduriencik said.

Figgins is among the several new faces with the Mariners this season, including starting pitcher Cliff Lee, infielders Casey Kotchman and Ryan Garko and outfielders Milton Bradley and Eric Byrnes. And as always there is a large contingent of young players trying to make final roster.

"Obviously with the roster situation and very few jobs available, which everybody realizes," manager Don Wakamatsu said, "sometimes you don't get a chance to know the younger players. Looking at last year and the impact that so many of the younger players (made), now there's a greater comfort level or an understanding of a lot of players in our system, which is where we'd like to head." THE ASSOCIATED PRESS

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Former NBA star gets five years in prison for fatal shooting

SENTENCE Former NBA star Jayson Williams was sentenced to five years in prison yesterday for fatally shooting a hired limo driver in 2002, ending an eight-year legal odyssey by tearfully apologizing to the victim's family. He will be eligible for parole in 18 months.

Jayson Williams

Williams, avoiding a retrial on a reckless manslaughter count that deadlocked the jury at his 2004 trial, pleaded guilty last month to aggravated assault in the death of Costas Christofi on Feb. 14, 2002. At the same 2004 trial, he was acquitted of aggravated manslaughter, but convicted on four counts of covering up the shooting.

The sentences on the assault and coverup counts will run concurrently. State Superior Court Judge Edward Coleman went along with a plea agreement that spelled out the five-year prison sentence and the potential for Williams to be released as early as summer 2011.

In court yesterday, a tearful Williams turned and apologized to Andrea Adams, Christofi's sister, saying, "There's not a day I wake up that I don't feel sorry for what I did to Mr. Christofi and that I put you through this."

Adams wrote in a letter read by a court employee that the punishment "didn't fit the crime" and spoke of "eight years of agony watching Jayson Williams prance around and live his life and acting like nothing happened."

Williams paid Christofi's family more than $2 million US in 2003 to settle a wrongful death lawsuit.

THE ASSOCIATED PRESS

Blue Jays' Overbay takes trade rumours in stride

BLUE JAYS First baseman Lyle Overbay joined teammates on the field at the Bobby Mattick Training Center three days in advance of the scheduled reporting date for position players.

Overbay is aware that this is likely his last spring with the Jays. The left-handed hitter, in the final year of a contract that pays him $7 million US in 2010, has heard the trade rumours and knows that young Brett Wallace, obtained in the Roy Halladay three-way trade, is being touted as the future.

"When you get (mentioned in) trade talks for three years there are times you're thinking your time is coming to an end," Overbay shrugged. "I've been there with Prince Fielder (taking over in Milwaukee). When (Wallace) is ready he'll be there. They have to look to the future. You can't be naïve and think 'I'm going to be here for 17 years.' There's always going to be somebody behind you. I've been there before and that's just the way this game is."

Overbay said he is in the best shape he has been in in the last three years. When he is healthy and swinging his best, Overbay is a serviceable 40-50 doubles performer who uses the entire field. He is looking forward to being part of the rebuilding process.

"They've (Jays) got their plan," Overbay said.

"The biggest thing is, hopefully, they'll stick to it. When you start doing something and push the panic button and start doing something different, then it kind of leaves the organization in turmoil."

TORSTAR NEWS SERVICE

Lyle Overbay

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Cleveland 105 New Orleans 95
Boston 110 New York 106
Minnesota 91 Miami 88
Portland 102 New Jersey 93
L.A. Lakers 99 Memphis 98
Phoenix 104 Oklahoma City 102
Detroit 101 Sacramento 89
Philadelphia at Golden State

Olympics give NBC big ratings win

Nielsen says the Winter Olympics ruled in the ratings last week, treating NBC to an audience roughly three times the size of its closest rival, Fox. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Emotional Rochette pulls off her best skate this season

KRISTEN THOMPSON
kristen.thompson@metronews.ca

FIGURE SKATING An emotional Joannie Rochette burst into tears as she finished her short program last night after skating her personal best this season, two days after the sudden death of her mother.

Flowers rained down on the ice as the 24-year-old figure skater — who goes into the long program on Thursday in third place — skated toward her coach while the crowd gave her a standing ovation.

Joannie Rochette

Rochette's 55-year-old mother, Therese, died of a heart attack just after arriving in Vancouver from Montreal on Sunday morning.

Only hours after hearing the news, Rochette was on the ice training at Pacific Coliseum.

Rochette, the 2009 World silver medallist, is favoured to medal alongside Korean and Japanese skating superstars, Yu-Na Kim and Mao Asada.

Auf Wiedersehen, Germany

JEFF HODSON
jeff.hodson@metronews.ca

With about three minutes left in last night's 8-2 thrashing of Germany, the 16,000 raving fans let the world know exactly who they wanted to play in today's quarter-final as deafening chants of "We want Russia" threatened to blow the roof off Canada Hockey Place.

"They were just saying what they wanted, I don't think you could blame them," said Canada's Sidney Crosby, who will renew his often heated rivalry with Russian superstar Alexander Ovechkin on the world's largest stage.

The Russians won a bye to this afternoon's quarter-finals, finishing third behind the top-ranked Americans and Swedes.

"(Russia-Canada) is a big rivalry, we all know it," Crosby said. "It's something that everyone has been talking about before the Olympics ... the fact is, we have a big quarter-final game and the fact that it is them just adds more to it. I expect it will be a pretty incredible atmosphere."

JONATHAN HAYWARD/THE CANADIAN PRESS

Canada's Joe Thornton, right, celebrates his first-period goal last night against German goaltender Thomas Greiss with teammates Drew Doughty and Dany Heatley. Canada won 8-2.

Canada, ranked sixth after the preliminary round, opened the scoring last night halfway through the first period. Joe Thornton beat German goaltender (and San Jose teammate) Thomas Greiss glove side after taking a pass from behind the net from Dany Heatley (another San Jose teammate).

The scoring began with a blast in the second.

A Shea Weber slapshot beat Greiss stick side and zipped clean through the netting, causing the water bottle to give a little jump.

Weber yelled at the referee and gestured wildly at the net, but the play continued for another 40 seconds or so, until a whistle sounded and officials could review the play. Weber was soon awarded the goal.

Jarome Iginla had two goals on the night, while Crosby, Mike Richards, captain Scott Niedermayer and Rick Nash each scored in the third.

'Disasterous error' proves costly for Dutch speedskating star

COACH If ever there was a blunder of Olympian proportions, this was it.

Dutch star Sven Kramer lost the Olympic gold medal yesterday when coach Gerard Kemkers sent him the wrong way on a changeover during the 25 laps of the 10,000-metre speedskating race — a mistake so elementary, it defies belief.

"It is a disastrous error," said Kemkers, still in shock because his faulty instructions had Kramer disqualified and moved Lee Seung-hoon of South Korea to gold from silver.

Kramer had not lost a 10,000 in three years, making him the prohibitive favourite to win — until the inexplicable happened.

Every lap, a skater moves from the outside lane to the inside lane, or vice-versa, for a changeover to make sure everybody skates the same distance.

Kemkers didn't realize Kramer had already moved outside, and desperately pointed him inside with one finger while Kramer was making the right decision to move to the outside lane.

The years of trust between coach and skater convinced Kramer to change his mind and move inside.

THE ASSOCIATED PRESS

What to watch today

TV Highlights

12 p.m.: Men's hockey Switzerland vs. U.S. (Sportsnet).
4:30 p.m.: Men's hockey Canada vs. Russia (CTV).
5 p.m.: Bobsled Women's gold medal (Sportsnet).
7 p.m.: Men's hockey Playoffs (TSN).
10 p.m.: Men's hockey Playoffs (CTV).

TIMES MAY CHANGE

VANCOUVER GAMES

Medal Count

NATION				TOTAL
U.S.	7	8	10	25
Germany	7	9	6	22
Norway	6	5	6	17
Russia	3	4	6	13
Canada	6	4	1	11
South Korea	5	4	1	10
France	2	3	5	10
Austria	3	3	3	9
Switzerland	6	0	2	8
Sweden	3	2	2	7
Netherlands	3	1	2	6
China	3	1	1	5

On the web

- Up-to-date medal standings and results
- Complete day-by-day event schedule
- Vancouver managing editor Fernando Carneiro's daily column (metronews.ca/columns)
- Metro-Blenz News Squad on-the-ground blog

Visit metronews.ca for more Games coverage.

Janka secures Swiss gold
Carlo Janka of Switzerland won the Olympic gold medal in giant slalom. Janka had a combined two-run time of two minutes, 37.83 seconds to add the Olympic title to the world title he won last year. THE ASSOCIATED PRESS

Good cause, wrong name

The intent of Own the Podium is to have Canadian athletes be competitive at the home Olympics. That's why about $120 million has been invested over the past five years.

Mission accomplished.

As of the completion of Day 12, Canada boasted 11 medals — six gold — and another 18 fourth- or fifth-place finishes.

The results have come in almost all disciplines from figure skating to cross-country skiing, and all sports in between.

Where Own the Podium has gone awry is in the interpretation of its message. Strangely, the moniker for a strategy to support high-performance athletes from this country has taken on a jingoistic connotation.

The tone has been slightly aggressive and Own the Podium has become a buzz phrase that when poorly translated actually runs counter to the ideals of the Olympics.

"Own the Podium has become a buzz phrase that when poorly translated actually runs counter to the ideals of the Olympics."

One of the founders of the modern Games, Pierre de Coubertin, envisioned a higher purpose for this international gathering.

"In the Olympics, as in life, the most important thing is not the victory," de Coubertin wrote.

"The most important thing is the struggle ... the taking part."

The goal of the Own the Podium program is noble indeed.

It's designed to support Canadian athletes who were notoriously undervalued by an affluent country that fancied itself full of youthful potential.

In other words, Canadians should excel in winter sports and contend for championships at an Olympics staged in this country.

It is right to be ambitious and competitive.

But to try to "own" something as elusive as the most medals at the Olympic Games can be characterized as being boastful and a challenge that, if not delivered upon, is seen as a failure.

Own the Podium is anything but a failure.

It is a plan whose translation to the Canadian public has been flawed.

Canadian athletes are achieving at an exceptional level.

They are competing on even terms with the best in the world.

The medals will come, and besides, no amount of money, science or coaching can assure success in the fickle arena of the Olympic Games where anything can happen.

Own the Podium is a good plan, but it's the wrong name.

We should understand that Own the Podium is really about a consistent pursuit of excellence by all Canadian athletes.

Too bad something got lost in the translation.

Gemini Award winner and author Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. A 20-year CBC Sports veteran, he has covered a variety of professional and amateur sports including nine Olympic games and numerous world championships.

Canada's Cheryl Bernard grabs No. 1 seed

WOMEN'S CURLING Canadian curler Cheryl Bernard has stolen her way to the No. 1 seed at the Vancouver Olympics.

Bernard picked up four steals against 19-year-old British skip Eve Muirhead yesterday en route to a 6-5 win. With the victory, the Calgary skip improved her round-robin record at the Winter Games to 7-1 and assured her rink top seed for tomorrow's semifinal playoffs.

"That was again one of our better games, up in the top couple of per cent," Bernard said after the win.

Bernard, a 43-year-old from Calgary, will open the playoff round against two-time Olympic silver medallist Mirjam Ott of Switzerland tomorrow.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Cheryl Bernard is shown during yesterday's win over Britain.

Vancouver Games in brief

VIEWERSHIP Worldwide interest in Vancouver's 2010 Olympic Games, along with Internet and mobile phone applications, has lifted global viewership to historic levels. By the time the Games are over, the International Olympic Committee estimates half the world's population — about 3.5 billion people — will have tuned in to watch some of the Games. Over 300 broadcasters and another 100 websites worldwide are carrying Olympic coverage.

THE CANADIAN PRESS

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SHAW PEOPLE POWERED

Games still clean

The International Olympic Committee says there are no new positive doping tests as the Vancouver Games head into the final stretch. Mark Adams says there have been 888 pre-competition blood and urine samples tested as of Monday. THE CANADIAN PRESS

Vancouver Games

News in brief

HOCKEY The Swiss will take on the Americans in the men's hockey quarterfinals at noon today after they bested the Belarussians 3-2 in a shootout win in the first of four playoff qualification matches yesterday. Switzerland outshot Belarus 44-22, but were stymied by Belarus goaltender Andrei Mezin. In regulation, Aleksei Kalyuzhny and Konstantin Kolstov scored for Belarus, while Julien Sprunger and Hnat Domenichelli scored for the Swiss. Romano Lemm netted the shootout winner. In the preliminary round, Switzerland and the United States went head-to-head for 60 minutes last Tuesday with the U.S. escaping with a 3-1 win. METRO NEWS SERVICES

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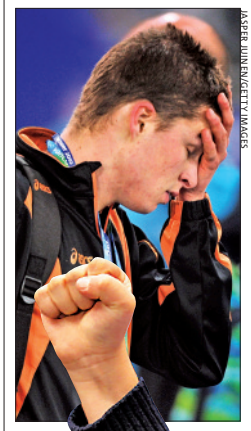
Left: Mari Motohashi of Japan talks to teammates during women's curling against Sweden yesterday. Clockwise from below: Canada's Erik Guay carves a turn in the second run of the men's giant slalom in Whistler, in which he placed 16th and was the top Canadian in the event; Canada's golden girl Ashleigh McIvor clears a jump ahead of France's Marion Josserand during the women's ski cross final at Cypress Mountain; Sven Kramer of The Netherlands reacts after finishing first but being disqualified in the men's speedskating 10,000 metres.



JASPER JUINEN/GETTY IMAGES

JACQUES BOISSINOT/THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

A Swiss fan cheers during the hockey men's qualification between Switzerland and Belarus at UBC Thunderbird Arena yesterday.

JAMIE SQUIRE/GETTY IMAGES

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Can Vonn break giant slalom slump?
After claiming gold in the downhill and bronze in the super-G, U.S. skier Lindsey Vonn doesn't face much in the way of expectations for today's giant slalom, traditionally her worst event, and the only discipline in which she has never won a medal. THE CANADIAN PRESS

SHAUN BOTTERILL/GETTY IMAGES

Canadian Jon Montgomery poses for a photo with his father, Stan, and mother, Joan, as they celebrate his gold-medal victory in the men's skeleton.

Meet the parents

Mothers and fathers offer perspective and inspiration

Mellissa Hollingsworth's father held her hand the night her dreams of Olympic gold were shattered, just as he waited alone at the airport on the day she didn't make the cut for the 2002 Canadian winter Olympic team.

Whether they're waving flags, as skeleton racer Jon Montgomery's parents did when he won gold, or offering hushed words of encouragement in the shadow of disappointment, parents of athletes play a critical, often unheralded role in the competition.

They're standing behind the athlete, win or lose.

And sports psychologists say it sometimes can mean the difference between winning and losing.

"They become their kid's biggest boosters, but also an emotional safety net," said Bradley Young, assistant professor of sports psychology at the University of Ottawa.

The tragic death of figure skater Joannie Rochette's mother just days before her star-turn in last night's short program only served to underscore the emotional bond between athlete and parent, he added.

"They become their kid's biggest boosters, but also an emotional safety net."
Bradley Young, sports psychology professor

By the time an athlete gets to the Olympics, the hands-on influence of parents has long been supplanted by coaches, staff and sports psychologists, who instill the technique and discipline to win.

After years of driving kids to the rink or the hillside, sports psychologist Saul Miller said many moms and dads struggle with taking a back seat. That's when he tells them: "Your role is to love them. Your role is to be a non-judgmental, loving support system."

THE CANADIAN PRESS

Vancouver Games in brief

CYPRESS Olympic gold-medallist Maëlle Ricker, nicknamed Mighty Mouse by her parents, wasn't the only mouse to rip down the slopes at Cypress Mountain. Organizers say bales of straw trucked in to shore up the snowboarding and freestyle skiing courses contained loads of tiny, furry stowaways. An organizing committee spokesman says workers at the hill saw mice scurry out of the bales, which were dropped onto the mountainside by a helicopter. Stephen Boudreau says there were initial concerns the furballs could pose a problem at the venue, but that hasn't been the case.

THE CANADIAN PRES

Men's relay team seeks to steal medal

SKIING If Canada is going to fulfil its goal of stealing a single medal from the dominant European countries in cross-country skiing at the Olympics, today's 4x10-kilometre men's relay race is the best chance.

The men's team may not have any international stars on it but, collectively, it has shown to be among the toughest combination acts in the sport.

The team's abilities became clear Saturday in the 30-kilometre pursuit, when three Canadians placed in the top 10, collapsing in an exhausted heap in the finish zone after the best performance by a Canadian men's team in Olympic history.

Race strategy

- The hope is that Alex Harvey will be given a slight lead by his teammates, and then find a way to hang on against the fastest skiers on the planet over his final 10 kilometres.

Ivan Babikov, 29, a transplanted Russian who is competing enthusiastically for his new homeland, placed fifth, the best individual result by a Canadian male in the Games.

George Grey, a 30-year-old from Rossland, B.C., skied the race with an injured thumb and was eighth in the same race, with 21-year-old Alex Harvey coming in just behind in ninth.

The photographs after the race showed the Canadian men sprawled in the finish zone, spent and elated.

On Monday, Devon Kershaw, 27, of Sudbury, Ont., skied in the team sprint with Harvey, and the pair placed fourth, another best-ever result for the Canadian team.

THE CANADIAN PRESS

By the numbers
According to TD Waterhouse's ninth annual female investor poll, 36 per cent contribute regularly to an RRSP. METRO NEWS SERVICES

RRSP Guide

Don't forget
The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have five days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Time left to invest before deadline

If you haven't saved enough cash to put into your RRSP but you have outside investments, you can move a portion of those into your RRSP accounts, financial experts suggest.

RAFAEL BRUSILOW
for Metro Canada

The March 1 RRSP contribution deadline is almost upon us, and if you've procrastinated this far, you're probably sweating a bit.

Not to fear, you still have a few options left to make sure your money makes it into your RRSP account to get you those valuable tax savings.

David Sokolan, a financial adviser with Edward Jones in Edmonton, says the most important thing at the last minute is to get your money into an RRSP account, ideally in cash so that you don't buy anything you're not ready for. Once the deadline passes, you can sit down with your adviser at a more opportune time to plan out an investment strategy.

"If you're in a big hurry, you can park your money in cash for now. All you have to do is put money into the RRSP account and a contribution slip is generated," he said. "Don't go out and buy something that you don't really understand because it's easy to get into investments but always harder to get out."

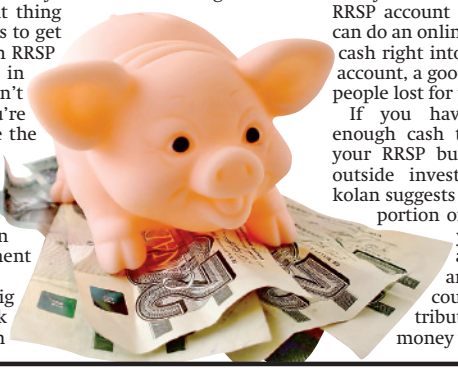
"Don't go out and buy something that you don't really understand because it's easy to get into investments but always harder to get out."
David Sokolan

Make sure to get a notice of assessment first so that you'll know exactly how much room you have to contribute, as going over your limit can be painful.

"If you over-contribute to your RRSP, it will cost you extensive time and money to sort it out," Sokolan said.

If you already have an RRSP account set up, you can do an online deposit of cash right into your RRSP account, a good option for people lost for time.

If you haven't saved enough cash to put into your RRSP but you have outside investments, Sokolan suggests you move a portion of those into your RRSP accounts and they will count as a contribution just as money would.



Lastly, cashable GICs can be a good option if you don't want your money just sitting around in the RRSP but don't want to commit it too strongly — most are cashable in 30-60 days and generate interest up to the date you cash them.

Whatever you do, don't expect miracles to happen at the last minute, says Tom Hamza, president of the Investor Education Fund.

"It's like exercise — if you think that at the last day of RRSP season you can go out and run a marathon, you'll hurt yourself. It's something you have to plan for," Hamza said.

Don't dwell on past mistakes — a new day is a new chance to get back on track with your goals.

"Don't look back, look forward. There's no point in beating yourself up — but there is a point in acting, and we can all change what we do for the future," Hamza said.

3 ways to find extra money

Rising electricity or heating bills, unexpected home and car repairs, and other out-of-the blue expenses can be a financial shock to the system. Dipping into your RRSPs to cover these costs may be tempting, but it can be hazardous to your financial health.

When you withdraw early from your RRSP, not only do you pay tax on your withdrawal up front, but that amount is added to your taxable income for the year — which amounts to a higher bill at tax time. You also forfeit the years of tax-deferred potential growth that this money would have contributed to your retirement lifestyle.

"Surprise expenses are a part of life, but you don't have to risk your long-term savings to meet a short-term need," said Murray Pituley, financial planning expert with Investors Group. Here are three ways to find extra money for spiking bills:

1 Secure a line of credit. Based on your assets, such as the equity in your home, this can usually be obtained at a favourable interest rate. You can also arrange a revolving line of credit to cover overdrafts on your chequing account for those extra bills that arise from time to time.

2 Set up a rainy-day fund before you need it. The rule of thumb suggests having an emergency reserve equal to about three months' income, but if your income is irregular or you have extra financial commitments, aim for five or six months' net income.

3 Invest your savings to help them grow. A financial adviser can recommend investments that will protect your capital, deliver better than bank interest rates, and allow you to withdraw money quickly at little or no cost. Money market mutual funds, Guaranteed Investment Certificates and Canada or Provincial Savings Bonds are options. NEWS CANADA

Maximize your contribution

Patricia Lovett-Reid, senior vice-president at TD Waterhouse, has the following tips to help you harness the power of compound interest and maximize your RRSP contribution this year:

- **Start investing now.** With compound interest, you benefit by starting early, even with a small amount. Investing $10,000 at a six per cent return can net you almost $18,000 after 10 years.
- **Diversify.** Safe, income-generating investments, like savings accounts, help preserve capital but they don't earn much interest. Talk to a financial adviser about balancing low-risk investments with an appropriate allocation of higher-risk options.
- **Contribute monthly.** Even a modest amount, like $50 a month, can add up. Not only is it easier to part with a small amount of money each month, versus a big lump sum in February, but you also benefit from the compound interest accumulated throughout the year.
- **Be patient.** Buy quality investments and hold for the long-term. Initially your money may seem to grow at a snail's pace, but with compounding interest, it will grow faster each year. NEWS CANADA

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Did you know?
According to TD Waterhouse's female investor poll, 24 per cent contribute to a Tax-Free Savings Account (TFSA). METRO NEWS SERVICES

Pay down debt before contributing: Advisers

Paying down consumer debt is just as important as saving for retirement, financial experts say.

Making an annual RRSP contribution has been historically a bit of a no-brainer for many Canadians saving up for retirement, a nest-egg option highly recommended by financial advisers.

Not any more. These days the old wisdom no longer automatically applies and mounting consumer debt is part of the reason that some Canadians may want to hold off on padding out their registered retirement savings plan.

"People are now talking about retiring with debt," said financial adviser Judith Cane.

"You cannot go into retirement with debt."

Paying down consumer debt is just as important as building up a financial buffer for retirement, said Cane, owner of the Antara Financial Group in Ottawa.

For example, Cane said, consumers with substantial credit card debts shouldn't get a loan to make a contribution to their registered retirement savings plan, with the hope of paying off the money borrowed with anything that comes back in the form of an income tax refund.

"You've got to use that refund to pay back your loan. So you're exactly where you were."

But whether you should or shouldn't contribute to retirement savings — and how much — always depends on age and personal situations.

A 25-year-old with $25,000 worth of debt could forego making RRSP contributions for a couple of years with the goal in mind of paying off the debt as quickly as possible, Cane said.

On the other hand, a 40-year-old with credit card debt needs to put at least some money into an RRSP and the rest toward paying off what's owed on the charge cards.

The Bank of Canada has said that consumers may be taking on too much debt. The central bank's recent data showed that spending by Canadian households averaged $71,360 last year, two per cent more than in 2007, with shelter representing about 20 per cent of that load.

And a Royal Bank survey this month said that Canadians were still worried about debt and their jobs in the wake of the worst financial crisis since the Second World War.

Jamie Golombek of CIBC Private Wealth Management said RRSPs aren't the only choice.

"I think people should be revisiting the whole concept of what they should be doing first, if they have limited funds," said Golombek, managing director of tax and estate planning.

Golombek believes that Tax-Free Savings Accounts (TFSAs) will become the "No. 1 source" for retirement savings over the next generation, as long as the federal government doesn't change the rules applying to them.

TFSAs allow those over 18 to save up to $5,000 each year in an investment account, without being taxed on the earnings.

For young people just starting out who are in a low income-tax bracket, they would probably be better off maximizing their tax-free accounts before contributing to an RRSP, he said.

"When you ultimately take the money out, the withdrawal will be 100 per cent tax free," he said.

"I think it's for people in almost all income brackets," he added.

But those who have enough money to contribute to an RRSP and a TFSA should do both, Golombek advises. RRSPs provide a tax deduction and a tax deferral at a lower rate when taken out at retirement.

Golombek said paying down consumer debt is usually the best bet versus an RRSP contribution or paying down a mortgage.

Financial planner Marta Stiteler said for those with high incomes, RRSPs make sense because they need the deduction.

"Debt is a different story," said Stiteler of the Pillar Retirement Group and Worldsource Financial Management.

"If you're paying off a credit card debt with 19 per cent interest, forget the RRSP contribution," she said. "Your RRSP is never going to grow at 19 per cent interest."

She said she sees older people with lines of credit and debt that "probably their grandparents wouldn't have even thought of doing."

"It doesn't matter how you save. The important thing is that you are saving, period."

Personal finance blogger Kim Petch, who runs the site BalanceJunkie.ca, has simple advice for the RRSP season.

"The message should be: First pay down your debt. When you go ahead and try to save for retirement when you're saddled with debt, you are skipping steps," Petch said.

Stiteler sees a lifestyle filled with consumption as part of the problem.

"Your lifestyle will inflate to your income and if you don't redirect that money elsewhere, it's going to be absorbed by your lifestyle." THE CANADIAN PRESS

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Savings tip
You can still build retirement savings after RRSPs — although you can't contribute to an RRSP after age 71, you can still invest in your Tax-Free Savings Account. NEWS CANADA

Start planning for next year now

RAFAEL BRUSILOW
for Metro Canada

Now is a good time to sit down with an adviser and review your investment goals, experts say.

Going to miss the March 1 RRSP contribution deadline or simply didn't save as much as you wanted this year? Don't lose hope — you can come out swinging in 2010 if you plan ahead.

John Nardi, a financial adviser with Edward Jones, says even if you haven't met your RRSP goals this year, it's important to pick yourself up and evaluate how you can move forward.

"Don't get discouraged. Find out why you missed the deadline, take a step back and think, 'Why did I not accomplish my goals?' You need to have long-term goals in mind and now is an opportunity to sit down and review them with an adviser," Nardi said.

Rosanna De Jong, manager of financial planning with RBC in Edmonton, says changing your mindset is key — good financial planning is not as much about deadlines as it is about steady commitment. Your money starts working for you the moment you put it into your RRSP, so waiting until the yearly deadline actually means you lose out on up to a year of potential growth.

"Don't wait to contribute. Contributing early gives your savings more time to grow," De Jong said.

Nardi agrees, saying in an ideal world, you'd want to make your entire contribution for the coming year in March. While most people would be hard-pressed to make such a large contribution after just putting the previous year's money into their RRSP, for people who missed the deadline March can be an enormous opportunity to get a head-start on growth.

Regular, consistent contributing can also go a lot further than scrambling to find money at the end of the year, so both Nardi and De Jong suggest setting up monthly contributions to your RRSP so you can spread the load over the course of the year. Having the money withdrawn automatically will ensure you have enough at year's end, and your money will start growing faster.

RBC financial planner Mario Muzzo says you shouldn't let short-term shifts in the market shy you away from long-term investing. Stick to your investment plan and you'll be able to weather changes.

"Don't be scared or deterred from the markets or investments in general by what's going on; look at your own situation, stay within your comfort zone and stick to your savings plan," Muzzo said. "Chances are on your side that you'll be successful more often than not."

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TFSA a great tax tool: Experts

The annual RRSP deadline also comes with lots of questions.

Will you make a contribution?

Will you put it in fixed income or equity investments?

This year, you may need to ask yourself an additional question: Do you put your money in a Registered Retirement Savings Plan, or a Tax-Free Savings Plan?

The answer will depend on how much money you make, as well as your personal financial situation, and a host of other factors.

But what financial planning experts do agree on is this: The TFSA, as it's known, can be a great tax planning tool that, for many Canadians, will be a key way to build wealth down the road.

"I believe over the next 20 years or so, you're going to be looking at TFSA accounts that are well into the six figures, in other words over $100,000, just from people contributing every single year, plus the growth on that money," said Jamie Golombek, managing director, tax and estate planning, for CIBC Private Wealth Management.

"People should not be ignoring TFSAs."

Financial planning experts agree that if you are in a low-income bracket now — if you're making less than $40,000 annually — it doesn't make much sense to contribute to an RRSP because you won't be saving much on taxes.

While an annual investment of $5,000 into a Tax-Free Savings Account doesn't seem like much now, it could grow to more than $550,000 over 35 years, financial experts say.

As well, you could end up having some government benefits clawed back in retirement if you are withdrawing a large amount from your retirement nest egg.

Keep in mind that the government prescribes how much can be withdrawn from the registered account, (by then you will have converted it to a RRIF, or Registered Retirement Income Fund) and those withdrawals are classified as income.

Withdrawals from a TFSA savings account, on the other hand, are not counted as income.

For people in a lower income bracket, "starting a TFSA and consistently contributing $5,000 a year would be a great boon," said Adam Salahudeen, of Scotiabank. "Don't be fooled into thinking that it doesn't sound like very much."

For example, $5,000 a year invested annually with a 6 per cent rate of return and no withdrawals would grow to more than $550,000 over 35 years.

"While today that $5,000 contribution doesn't seem like very much, in 20 years from now, that build-up of contribution room will be very powerful," Salahudeen said.

"Starting a TFSA and consistently contributing $5,000 a year would be a great boon."
Adam Salahudeen

If you are in a high income tax bracket now and expect to be in a lower one in retirement, as most people would be, it's a good idea to contribute to an RRSP first, then do your additional savings in a tax-free account.

There are important ways to use these accounts together. For instance, if you are not earning much now, but expect your income to climb in the coming years, start saving in a TFSA and then pull it out to contribute to an RRSP.

"Then you would get a tax deduction when you're in a higher tax bracket and you would restore your TFSA contribution room the following year because any withdrawals from a TFSA can automatically be re-contributed the following year," Golombek said.

Keep in mind that, unlike withdrawals from an RRSP, there are no taxes to be paid on a TFSA. You can take out as much as you like at any time for any reason. Withdrawals are simply added to your contribution room the following calendar year.

TORSTAR NEWS SERVICE

What does it mean?
A Life Income Fund (LIF) is much like a Registered Retirement Income Fund (RRIF), but the funds originate from a pension plan, locked-in RRSP or Locked-In Retirement Account (LIRA), instead of an RRSP. NEWS CANADA

How to pick the right investments

This RRSP season, will you choose an actively managed mutual fund, an index fund, or an exchange-traded fund?

Canadians have had a love affair with mutual funds for more than a decade, but ETFs, as they're known, are gaining ground with investors.

With an equity mutual fund, a team of portfolio managers try to pick and choose winning stocks from all those in the market.

Some use a momentum approach, buying stocks that are expected to appreciate the most in value. Some emphasize value, and others stick to big well-known dividend paying companies. Ideally, these funds will chalk up higher returns when the market is going up, and protect investors from losses when the market is moving down. Of the three categories, these have the highest Management Expense Ratio or MER.

An index fund does away with trying to pick a winner. It replicates a stock market index such as the S&P/TSX Composite Index or the S&P or Dow Jones in the U.S. Investors can expect their index fund to match the ups and down of the market. These tend to have cheaper MERs.

An ETF is basically an index fund that is bought and sold like a stock. Unlike mutual funds, which can only be bought and sold at end-of-day prices, you can buy or sell them at any point during the trading day. These investments are the cheapest to own, with MERs that in many cases are just a fraction of those of actively managed mutual funds.

In Canada, four companies offer about 150 ETFs: Blackrock Inc., Horizons, Claymore Investments Inc., and the Bank of Montreal. That compares to about 10,000 different mutual funds.

By some estimates, ETF assets grew by about 30 per cent in Canada over the past five years. There is now about $30 billion under management, but that's still a tiny fraction of the $686 billion in mutual fund assets under management.

Exchange-traded funds, or ETFs, are gaining ground with investors.

Globally, there is about $1 trillion US in ETFs.

Investors typically pay more attention to fees in a bear market, said longtime industry observer Dan Hallett. As well, few active managers were able to outperform during the latest market decline.

It's not surprising that compared to Canada's fully mature mutual fund industry, ETFs are growing and attracting new investors at a much quicker pace.

"Not everybody who is redeeming a mutual fund is making a beeline for an ETF, but certainly they're taking some of that share. How much I think is a difficult thing to quantify," said Hallett, director, asset management, with Highview Financial Group.

Industry data shows that investors flocked to ETFs as stock markets were moving down in 2008, but also as they were moving higher in 2009, said Heather Pelant, managing director of iShares Canada, at BlackRock Asset Management Canada Ltd. Ishares were the first ETFs in Canada and are still the most popular.

"The last two years told a very powerful story that ETFs shone in a bear market and a bull market. It's solidified that these are a new investment vehicle that's here to stay," Pelant said.

The vast majority of investors still are not aware of ETFs or how to use them in a portfolio, said Rajiv Silgardo, head of ETFs at the Bank of Montreal.

"We do need to make ETFs more accessible to the broad population of savers and investors in our market. The big issue right now is that all ETFs are listed and traded on stock exchange, so if you want to get one you have to have a brokerage account. It's not as simple as walking into a bank branch and saying, 'I want an ETF; get me one of those,'" Silgardo said.

BMO has 22 ETFs with about $250 million in assets under management.

Experts say there are still good reasons to choose an actively managed mutual fund or an index fund rather than an ETF.

For instance, if you are investing on a monthly basis, an index fund can reinvest the distributions with no extra commission costs.

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Going green in Rio

Michelin has announced that its 10th annual Challenge Bibendum, the world's largest environmental vehicle event, will be held in Rio de Janeiro, Brazil, this summer. Thousands of the world's leading vehicle manufacturers, technology developers and media will attend the rally for sustainable mobility. CANADIANDRIVER.COM

Metro Drive

Enter the Juke

Nissan Juke is headed to North America, the automaker recently announced. The all-new small crossover CUV will be added to Nissan's Canadian lineup in fall 2010. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Hot, hot Tundra

Toyota steps it up with cool pickup

NEIL MOORE
for Metro Canada

"Here's a big enough spot," I say to my wife as we head towards the grocery store parking lot's back 40. This has been the story of my week, having been unable to park near the front doors — virtually anywhere — since picking up my tester, the 2010 Toyota 4x4 Tundra Double Cab pickup truck.

Pickup trucks, especially the full-size ones, have always been about trade offs. To get the capacity and grunt you need for hauling building supplies, piles of dirt, large boats and horse trailers, you're saddled with a thirsty behemoth.

The 2010 Tundra is no exception, at least in terms of size. Substantially larger than Toyota's first effort in '93, the humble V6-powered T100 — today's Tundra is every bit as brawny as its Big Three competitors.

But Toyota has felt the effects of buck-a-litre gas on truck sales and has responded with a new 4.6-litre base engine that improves not only on fuel economy, but in power. My tester was built upon the base 4x4 Double Cab SR5 (4.6 litre) at $35,790, adding the TRD Offroad package ($4,105), along with a rear bumper step ($347 installed) and a two-inch trailer ball ($28 installed). This brings the MSRP up to $40,270 and gets you a well equipped vehicle.

Standard equipment on the 4x4 Double Cab SR5 includes power windows and locks with keyless entry, dual zone climate control with filtration, six-speaker AM/FM/CD/MP3/WMA audio system, 60/40 foldable rear bench seat and a full suite of gauges that includes voltmeter, water temperature and transmission oil temperature.

Up front, seats are comfortable and supportive, upholstered in an attractive, high-quality fabric. The instruments are amber lit and deeply inset, with metallic surrounds. Hoever, the silver finish and shiny black plastic panels could use a little updating.

The interior offers no shortage of places to store your stuff. Here you'll find a covered compartment under each front armrest, dual gloveboxes, four overhead bins (one for the garage door opener), a laptop-swallowing console box between the front seats, three cupholders for driver and passenger, with two more popping out of the console box for the rear occupants.

This generation of Tundra has done well according to carbuyers, journalists and industry experts.

And by gaining credibility, Tundra should continue to build market share in this once highly brand-loyal segment.

2010 Toyota Tundra 4X4 Double Cab

Type: Full-size pickup truck
Price: $40,270
Engine: (as tested) 4.6-litre DOHC, 32-Valve V8 (310 hp, 327 lb/ft of torque)
Fuel Economy: 14.9L/100 km city; 10.5L/100 km highway

Highlights

- Improved fuel economy and power
- Plenty of options for engines and cabs.

The large chrome grille and raised hood gives the 2010 Toyota Tundra pickup a robust, purposeful look.

The Tundra's instrument layout provides a full suite of gauges and large, well-placed knobs that can be adjusted with gloved hands.

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Shows drive popularity

High-profile exposure at recent auto shows has boosted the popularity of several models, according to U.S.-based AutoTrader.com, which based its study on the number of new-car searches on its site. CANADIANDRIVER.COM

Car dream come true in Canada

AutoPilot

Michael Goetz

metronews.ca/autopilot

Canadian Luc Chartrand's supercar, the HTT Plethore LC-750, is finally ready for production.

Two Canadian vehicles made news this month.

The "electric" Olympia ice-resurfacing machine, made in Ontario, was the subject of much discussion, after experiencing technical difficulties at the Vancouver Olympics. It apparently missed the memo about "Owning the Podium."

The other Canadian vehicle that had people talking was the HTT Plethore LC-750. Its appearance at the recent Toronto auto show marked the first time the supercar was shown at a Canadian event in "production ready" trim.

The Plethore is definitely better looking than the Olympia — and faster.

Apparently, the LC-750, which packs a 705-hp supercharged 6.2-litre V8, "can easily reach speeds of more than 340 km/hr." A 1,300 hp version aims to break the speed record by a production car currently established at 412 km/hr.

If all this sounds very unmodest and therefore unCanadian, it is, and for that we should all sigh, "Hallelujah."

A "dare to dream" thing like this doesn't happen much anywhere, and particularly in Canada, without single-minded passion. The man with the passion and drive and imagination is Luc Chartrand, who started the Plethore project over 10 years ago.

"Luc is the founder of the company (HTT Technologies), and the designer and engineer behind the project," says company president, Sebastien Forest. "He basically started from scratch." He considers Luc "an artist," an artist that just happens to work with the automotive form.

"(Luc Chartrand) basically started from scratch."
HTT Technologies president Sebastien Forest on the company's founder

Luc's vision started with a central driving position, like any racecar. Two passengers can come along for the ride, in seats that flank each side of the driver's seat.

Both its chassis and bodywork are rendered in carbon fibre. Needless to say, this makes the car both incredibly rigid and incredibly light.

The sticker price on LC-750 is $395,000. Only eight will be produced this year, starting in October. Six are already sold. If all goes according to plan, 25 will be built the following year. (Never more than 50 per year after that.)

An (undisclosed) U.S. firm has developed the engine, from the same engine block found in the Z1 Corvette. The brakes and wheels are sourced from the U.K. Other than that, the Plethora is virtually "all Canadian."

HTT focuses on development and final assembly. The area around HTT's headquarters in St-Eustache, Que., is not only blessed with a high-speed test track, but also world-class fabricators, because they sprang up to help Bombardier build all those airplanes.

When you hear "Buy Canadian" they're usually talking about peaches or potatoes. How cool is it to now add a supercar to the "Made in Canada" list?

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Lincoln's keyless entry secure and savvy

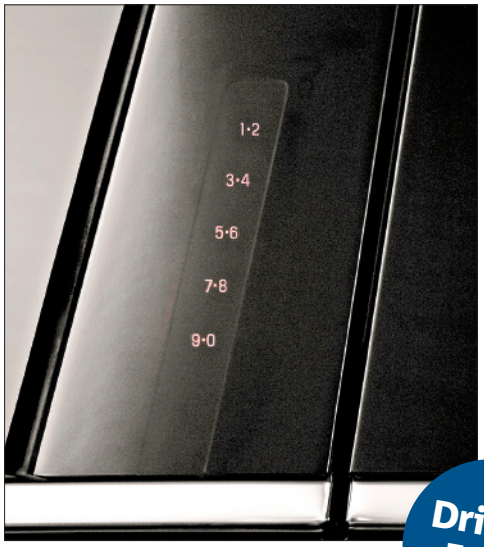
JIL MCINTOSH
for Metro Canada

In 1980, Ford introduced a new convenience feature on its luxury cars: A keypad that, when tapped with a unique code, would unlock the doors.

The company still offers the feature, called the SecuriCode Keyless Entry Keypad, but it's gone high-tech on Lincoln MKS and MKT. The numbers are no longer on door-mounted buttons, but hidden on the glossy B-pillar, lighting up when the pillar is touched.

"It's a capacitive sensor," says Lisa Boran, Remote Keyless Entry technical expert at Ford. "It detects that you're coming close to the switch. You have to touch it, because you want to make sure that you're touching a specific number button, but it starts detecting when you're getting close to it."

The keypad uses the same technology as an iPhone — one company supplies the processors for both. The touch-sensitive electronics are mounted behind an acrylic cover; the graphic panel is the same black shade as the B-pillar, making it nearly invisible when the numbers are unlit. Since it takes a lot of abuse, the Lincoln panel was tested extensively, including extreme weather and temperature, moisture, vibration, salt spray, and various products ranging from window cleaner and car wax, to hand cream and suntan lotion.



Ford offers its SecuriCode Keyless Entry Keypad technology on the latest models of Lincoln MKS and MKT.

Driving Force

"We wanted a smooth, sleek-looking keypad for the vehicle," Boran says. "We wanted something that would be more appealing to the customer. It was strictly changed for appearance, but it also has no moving parts, so there's nothing to wear out."

Many luxury vehicles offer proximity keys, which allow the driver to unlock the car by walking toward it, or touching a door handle, providing he has the key fob with him. The SecuriCode will work this way, unlocking the vehicle when the driver taps the B-pillar. But it can also be opened by anyone who knows the code, without the key being nearby, once they tap in the specific five-digit code by pressing each appropriate lit number on the keypad.

Given that keyless entry is almost universal, a redundant keypad system may seem outdated, but Ford's customers are extremely loyal to it. On outings, many drivers give their friends or children the codes, so they can retrieve items from the vehicle without having to take the keys with them.

"Believe it or not, people love this technology," Boran says.

"We tried to remove it a couple of times, and there was a huge falling out from customers. It's highly desirable, even though there are other ways of getting into the vehicle."

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Advice from CAA
If stranded on the side of the road, the Canadian Automobile Association recommends drivers make themselves as visible as possible to passing motorists, especially at night. Keep the following items handy in your vehicle: a reflective vest, a flashlight, flares and a cellphone to call for help. METRO NEWS SERVICES

Tiburon fun coupe

A 2006 Hyundai Tiburon

Second Gear

JUSTIN PRITCHARD
for Metro Canada

MODEL: 2002 to 2008 Hyundai Tiburon
VEHICLE TYPE: Sports Coupe
APPROXIMATE USED PRICE RANGE: $5,000 to $17,000

HISTORY/DESCRIPTION: The Hyundai Tiburon is the successor to Hyundai's Scoupe, and the predecessor of the now-available Genesis Coupe. Among other things, it was one of the sole survivors in an affordable sport-coupe market that's now all but died out.

Tiburon offered up a two-litre, four cylinder engine with 138 horsepower and a standard five-speed manual gearbox. A four-speed manual-mode automatic was available. The four-cylinder, five-speed combination should provide adequate snap for most drivers while maintaining decent fuel economy.

Optionally available in higher-end models was a 2.7 litre V6 with horsepower rated in the neighborhood of 175. Look for it with a five-speed or available six-speed manual transmission, or with a manual-mode automatic.

Note that the Tiburon Tuscani is the fully loaded package, and was kitted with various interior and performance upgrades. If you can't find a Tuscani (they're rare), look for a Tiburon GT for the next best thing.

WHAT OWNERS LIKE: Tiburon owners tend to most highly rate the styling, quality and design of their machines. Owners of four-cylinder models tend to experience good gas mileage, while owners of V6-powered Tiburon's love the performance and sound of their rides. Also, many owners report that they belong to a strong online community of other Tiburon drivers that share ideas and advice.

WHAT OWNERS HATE: Complaints typically address limited rear-seat space, limited storage space for at-hand items in front, and excessive road noise on certain models. Some find the Tiburon also has a cumbersome turning radius, and others complain of squeaks and rattles as the car ages.

COMMON ISSUES: One prevalent issue dealt with the Tiburon's clutch. Automatic models don't have one, but if the 'Tibby' you're after has a manual gearbox, you'll want to ask the seller if the clutch is original.

Be certain to test the clutch for slippage, which could indicate that it's in need of replacement.

Sometimes, creating a low-rpm, high-load, full-throttle condition will coax slippage from a worn clutch. In plain English, get the car up to about 70 km/h in 4th gear, and floor it. Call any slippage you detect into pricing negotiations.

If in doubt, ask a mechanic for assistance to be sure the seller isn't trying to soak you with an expensive clutch job.

Note any unexplained check engine lights, and ensure the engine runs smoothly during both moderate and full-throttle acceleration, and while idling. Engine roughness or a check engine light could indicate a failed engine sensor that will need replacement.

Finally, note that heavily modified vehicles with extensive engine work should be avoided unless you're very familiar with engine tuning.

Suspension upgrades should be checked out by a mechanic for safety's sake, too.

THE VERDICT: Stick close to stock, get a thumbs up from a mechanic, and get ready to enjoy a one-of-a-kind coupe.

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A lesson in treating them right

HEATHER BUCHAN
for Metro Canada

AskPatty.com, a website that offers vehicle-related advice to women, has launched a program to help automotive businesses create a more female-friendly environment.

The car business remains a male-dominated industry. Yet, today, more than 50 per cent of automotive-related purchases — tires, repairs and vehicle maintenance — are made by women.

For many women though, walking into a car dealership or an auto body shop is an intimidating experience, according to Jody DeVere, founder and CEO of AskPatty.com — a U.S.-based website providing automotive advice to women. And that's why DeVere recently launched a certified female-friendly program for automotive businesses in Canada.

Essentially, the program trains dealerships, collision centres, quick-lube locations, service and repair centres, and tire dealers in how to create a more comfortable environment for women — and that primarily comes down to communication. Women and men simply communicate differently.

"One of the complaints we have from women is that they don't feel respected," says Patricia Muir, who is heading up the Canadian side of the program.

Muir refers to her own experience buying a car where the male salesperson spoke only to Muir's husband.

Training is done completely online and consists of 19 modules covering topics ranging from communication, to diversity-sensitivity, to time-management, to community involvement.

Currently, there are over 100 certified auto businesses in the U.S. Muir says three major Canadian tire dealers are interested in signing up for the training. "It's basically developing their communication skills and people skills to include what women are sensitive to and how women want to be treated," explains Muir.

Once a business is certified as being female-friendly, it is included in AskPatty.com's network of businesses, so women can search for a certified business close to go to on the website.

AskPatty.com was launched in the U.S. in 2006 and provides advice to women from a panel of female auto experts.

Mount Royal launches new logo

Yesterday Calgary's Mount Royal University unveiled its new logo, the result of a nine-month process of extensive research and consultation involving students, faculty, staff, prospective students, and community members. Check mtroyal.ca to see the logo. METRO NEWS SERVICES

Workology

Labour shortages loom

The labour shortages that existed before the market downturn will resurface once the economy fully recovers, the Canadian Chamber of Commerce warns in a new report released yesterday. To realize Canada's full potential, businesses will need to tap the country's pool of underutilitized talent: Older workers, Aboriginal peoples, individuals with disabilities, and new immigrants, the report says. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

NAIT FACES LAYOFFS The Northern Alberta Institute of Technology might have to make cuts to its apprenticeship programs and lay off staff in order to deal with a $10-million funding shortfall. NAIT could train as many as 1,000 fewer apprentices in the next budget year, which could affect staff levels. In order to avoid job cuts and to balance the shortfall, NAIT may increase online learning and send trades instructors to teach abroad.

ANCILLARY FEES CHALLENGED AT UNB As part of the University of New Brunswick's budget process, departments have been encouraged to find ways to either cut costs or generate new revenue. UNB's science faculty has proposed a $35 fee per lab and a $25 fee for first- and second-year math courses (about $260 per year).

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Jobs that make tasty things look tastier

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. This is the last in the series, so check Metronews.ca to read the whole thing and stay tuned for next month's theme, engineering.

JON TATTRIE
for Metro Canada

A food stylist set up this stock photo and a food photographer shot it, sounds like a delicious job, no?

When Lucie Richard contemplated a career as a food stylist, she worried she was lacking a critical personality trait.

"I thought they were way too anal," she admits. "They promised me they could make me an anal person and they were successful. I can spend a lot of time looking at five peas on a plate."

That fine eye for detail is important for the make-up artists of the food world. A former chef, Richard (lucie richard.ca) prepares food for photo shoots and keeps it looking hot, cold, juicy or tender, depending on the item. The freelancer works in editorial, advertising and packaging.

"Basically, I'm being paid to play with my food, which I was reprimanded for as a child," she jokes. "It's a fun way to work with food and not be in a restaurant kitchen."

Most food stylists have a background in food, but there is little direct training in North America. Tricks of the trade — like using tweezers and dental picks to shape food — are collected on the job. A deep knowledge of food is critical so that you know how a recipe will turn out before you start and how food behaves over time.

When Richard is done, she hands over to food photographers like Yvonne Duivenvoorden. Duivenvoorden (Broad daylight.ca) trained as a photographer at Holland College in P.E.I. and then Ryerson University. She works in Toronto.

"As soon as I discovered that people actually do this for a living, I was caught up," she says of her preference for commercial photography over fine art. She started working as a photographer's assistant and recommends such informal apprenticing.

"The irony of it is that I can't cook a thing. I'm not even that interested in the flavour aspect of food. I see it very much as shapes and colours on a plate," she says. "I see it as a still life."

That gives her a photographer's eye unbiased by a personal love of chocolate or hatred of liver. Like Richard, Duivenvoorden is quick to bust myths: Turkeys are not shellacked, mashed potatoes don't pretend to be ice cream and food doesn't sit under hot lights all day. At the end of a shoot, she says all of the dishes she photographs are edible, if a little tired, and she mostly relies on natural light.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: metronews.ca/work

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Schulich MBA makes top 20 in Expansión ranking
York University's Schulich School of Business placed 18th in the world in a global MBA survey conducted by Expansión magazine, a Mexican-based business publication. It is the highest ranking Schulich has ever attained in the survey. METRO NEWS SERVICES

More than a just a degree

MAT LECOMPTE
for Metro Canada

Making goals for yourself is popular. Sticking to those goals, however, is not — at least when you're trying to do it on your own.

For the people out there looking for help achieving their goals or improving their lives, there are a number of places that may be offering what you need. In fact, colleges and universities across the country offer various "life skills" courses to help people gain important knowledge that isn't academic. Such courses are things like career management, SLR photography, automobile skid control and collision avoidance. Basically, they are courses/seminars that focus on popular skills people wish to acquire.

Mary Devine, chair of the School of Continuing Education at Toronto's Centennial College, says that the lifestyle and career skills courses and seminars are quite popular.

"We see a need in our community for individuals to build these kinds of skills," she said. The low cost, flexibility and relevance, combined with the learning environment makes it easy for anyone to get involved, she told Metro.

"Life skills" courses at college — including course on SLR photography — are popular low cost, environment and flexibility.

She said that opposed to learning these skills on their own, students benefit and are motivated by the group setting. Hearing a variety of ideas helps stimulate thought, thus enhancing the experience for those in attendance.

For a list of the lifestyle and career skills being offered by Centennial, check out their web site at centennialcollege.ca/ce.

Gordon McDonald, of the Training Group at Douglas College in British Columbia, (with locations around the Vancouver area) says that in some cases, these life skills courses can indirectly lead to employment.

"A number of organizations that focus on HR development and education, like the British Columbia Human Resources Management Association, indicate that an individual's interest in increasing their knowledge — whether for business or personal use — is seen by many employers as a beneficial attribute."

He does say, however, that courses are focused on building the students skillset in the area of their choice — for example, operating an SLR camera they may have received as a gift.

The University of Toronto's School of Continuing Studies also offers courses that build a persons' skill set. Lee McTavish, manager of partnerships and programs at the school, explained that the career development course helps people identify their skills and promote them in the workplace.

"There is so much competition that you really need to use your tools to distinguish yourself in the marketplace," she said. "The course helps students move towards their ideal selves and their ideal jobs."

Regardless of what you'd like to learn or accomplish this year, there is likely a course available. To check the continuing education courses and seminars at the institutions mentioned above, visit them on the web at douglas.bc.ca and learn.utoronto.ca.

More life skills

There are a number of colleges and community centres across the country that offer life skill and career development seminars so check up at your local community centre or college and most recent information. A few schools and programs that are being offered currently are:

- **MAC BASICS** Making the Switch — This course is being offered by Georgian College in Barrie, Ont., and shows PC users how to use a Mac computers. georgianc.on.ca.
- **WRITING CLEARLY** This course helps people struggling with their English writing to form clear and concise work. It's good for ESL students as well as people looking to improve their writing. This course is offered by NorQuest College in Edmonton. norquest.ab.ca
- **COMPUTER WORKSHOPS** Maisonneuve College in Montreal offers a variety of programs to help improve computer literacy and multimedia skills. cmaisonneuve.qc.ca/

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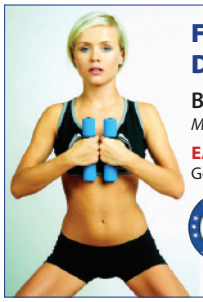
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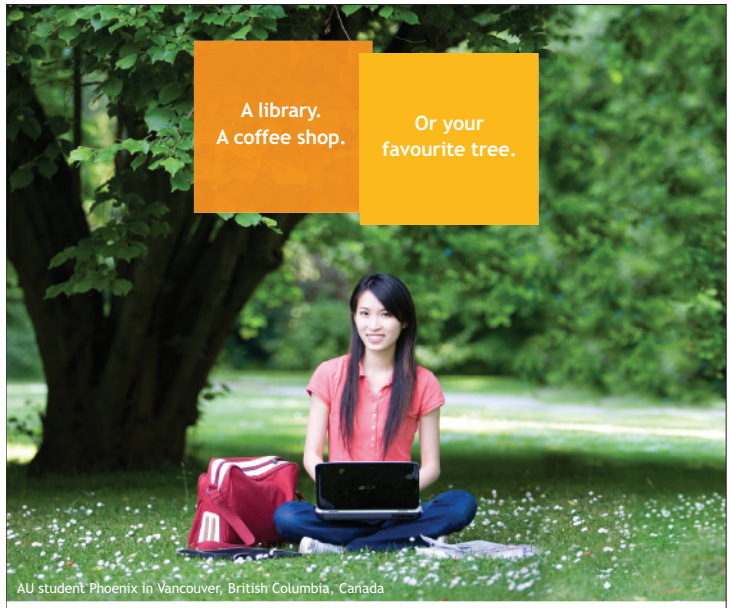

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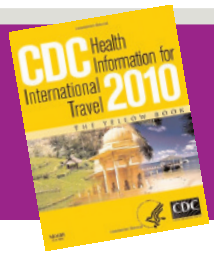
France strike delays flights

Disgruntled would-be passengers complained about hundreds of cancelled flights and long airport waits as air traffic controllers began a four-day strike across France on Tuesday. Workers fear recent plans to integrate travel control will lead to job losses. METRO NEWS SERVICES

Travel



International travellers health guide

The Yellow Book is published every two years by CDC as a reference for those who advise international travelers about health risks. The Yellow Book is written primarily for health professionals, but most travellers will find it very useful. The book now cites potential ailments found at specific destinations. And has sections that address the risks of going overseas for medical care. It also addresses health concerns when traveling with infants what to consider with international adoptions. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

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Do as they do ... on a budget

Metro finds the best places to eat, drink and be merry in Rome

ROMINA MCGUINNESS
Metro World News

You don't need a fistful of dollars to live la dolce vita in Rome. Metro has compiled a list of places to eat, drink and be merry in Rome for any budget.

METRO WORLD NEWS

Classic Italian architecture is reason enough to visit Rome.

Take in the view from Janiculum Hill. Numerous sites across Rome offer a glimpse into the past.

DAILY BUDGET $50

EAT
Gran Caffe La Caffettiera
A rustic cafeteria a stone's throw away from the Pantheon is a true Neapolitan bar experience as well as being a favorite with the political and media crowd. lacaffettieraonline.com

STAY
Buonanotte Garibaldsi
A bed & breakfast with the look and feel of a trendy art studio owned by artist, Luisa Longo. His work is on display everywhere throughout the location.
buonanottegaribaldi.com

GO
St. Peter's Basilica
A real architectural and artistic wonder of the world. Later walk the Janiculum Hill to get a breathtaking look out over Italy.
The view shows you everything from the cupolas, domes and café terraces.

DAILY BUDGET $100

EAT
La Gatta Mangiona
Owner Ginacarlo Casa, a "pizza engineer," serves up gourmet pizzas. Toppings include smoked mackerel, flowers and raw buffalo mozzarella.
lagattamangiona.it

STAY
Momi
This boutique guesthouse has only three rooms but charm and service make it a joy.
Choose your decor from styles such as Zanzibar, Bali or Mexico. Book and reserve space at their website. bedandbreakfastromemomi.it

GO
Tour on a tram
A fantastic way to take in the city.
Take line three which crosses the Tiber, loops towards the east (Colosseum and Porta Maggiore) before making its final point of call in the northern suburbs. Brilliant.

DAILY BUDGET $500

EAT
Primo
The menu itself is a work of art, featuring dishes such as black cabbage soup, seafood gnocchi followed by catalan cream or a succulent mille-feuille with chantilly for dessert. primoalpigneto.it

STAY
Portait Suites
It's discreet yet fabulous location near the main designer shops on Via Condotti mean this is one of the most sought after hotels in Rome. Dine under the stars on the terrace.
lungarnohotels.com

GO
Shop until you drop
Warm up at Piazza Campo deí Fiori, the city's most famous food market then head for the serious shops at Via Condotti. where you'll find Gucci, Dolce & Gabbana Versace and Prada.

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Walt Disney Travel Company CST# 1022229-50 ©Disney RST-10-15391

Mountain of a deal

Vail Resorts operator of the five world-class mountain destinations of Vail, Beaver Creek, Breckenridge, Keystone and Heavenly is pleased to announce new deals of up to 33 per cent of staying — especially for International Consumers — are available now on snowusa.com. METRO NEWS SERVICESS

Get special treatment in Tunisia

ROMINA MCGUINNESS
Metro World News

If it is the way that the locals live that make Tunisia special, than it is the way that they treat tourists that makes it spectactular.

Metro finds the places and spaces to get yourself into in this small African country.

METRO WORLD NEWS

The cliffs overlooking the bay are Tunis offer great eating and drinking at decent prices.

WHY GO NOW?

The sunshine. Tunisia is North Africa's smallest country (wedged between Libya and Algeria) and its unique geography allows for desert dunes, luscious vineyards and sandy beaches. The capital city is a mixture of pure tradition and eclectic modernism. And it's only a short hop from mainland Europe.

IT'S MY FIRST TIME... WHAT SHOULD I DO?

The medina (old town) combines history, bejeweled textiles and intoxicating smells and flavors. Home to as the Souk (market), the medina feels like a magical labyrinth.

Within these walls is the 8th century Zitouna Mosque, a crucial part of Arabic heritage and culture (entrance for those of Muslim faith only). Exit via the Bab el Bahr (Sea Gate) and onto the main boulevard, swarmed by little shops and cafes.

I'VE BEEN BEFORE WHAT'S NEW?

Tunis inherited amazing ruins, sculptures, potteries, jewels and mosaics from the Romans and the colossal Carthage Amphitheatre, built in the second century, is a great example.

Something for every traveller

If the going gets too hot head to the coastal town of La Marsa, 15 minutes out of Tunis, for fabulous beaches.

WHERE SHOULD I SHOP?

There are plenty of gems in town if you don't fancy zig-zaging your way through the crowded medina. L'Artisanat, is perfect for sourcing local handicrafts and gifts (onat.nat.tn). Chichas (traditional pipes), jewelry, paintings and rugs are stylishly scattered around the shop. On your way out, stop at the Café de Paris, directly opposite, for a freshly squeezed lemonade and croissant.

EAT HERE FIRST

Dar el Jeld Cooks up a storm in terms of authentic dishes. The lamb couscous is a must. One local dish to try is Meloukhia.

The green colored soup of crushed "corète" (close to the sorrel plant) leaves and beef. Served warmed and scooped up with freshly baked flat bread.

WHAT'S THE NIGHTLIFE LIKE?

Tunis' nightlife isn't exactly what it is in the nearby beach resorts of Hammamet and Sousse where the parties last until dawn.

Tunis is more about lazy evenings spent at garden parties, playing cards over Turkish coffee and smoking chichi. Only recently has dining out become fashionable. There are a handful of discreet but delicious addresses, notably those of restaurant El Firma in the Soukra quarter (elfirma.com). French inspired cuisine in candle-lit tents.

In the former stables of the magnificent Dar Ben Abdallah palace, the Théâtre d'Art Ben Abdallah (6 impasse Ben Abdallah in the medina) has a café that attracts Berber percussionists and avant-garde playwrights who perform on two stages upstairs. Ask around for the playlist and try to get there early for a view of the stage.

LOCAL SECRETS

Dar el medinaIdyllic 19th century guest house situated bang in the centre of the medina is easily the best place to stay in North Africa and it's dirt cheap (darelmedina.com). And if it's local secret spots you're after Hedi Kedadi is a superb guide whose knowledge of the history and archaeology of Tunis is second to none. Book him through Wigmore Holidays (+44 20 7836 4999; www.aspectsoftunisia.co.uk) and make sure that the Bardo Museum is on your itinerary.

When I RETIRE I'm TRAVELLING to _____.
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ONLY 5 DAYS LEFT
Speak to a CIBC Advisor about making an RRSP contribution by March 1st.
CIBC
For what matters.
"It's worth a talk." and "CIBC For what matters." are trademarks of CIBC.

Mudbaths, massages or steams at spas make a perfect end to a trip to Tunisia.

A LITTLE THRILL

Take a train from Tunis to the clifftop village of Sidi Bou Said overlooking the stunning Gulf of Tunis. Its trademark white-washed buildings adorned in violet and fuchsia bougainvillea draw the boho-chic and intellectual.

Villas, shops and cafes are perched on the hill, giving way to some spectacular views over the Mediterranean.

A steep climb will lead you to the Café des Nattes, where you can watch the sun set whilst sipping on mint tea and nibbling on a delicious "macroud"; a semolina biscuit stuffed in crushed dates honey-covered and deep-fried.

METRO WORLD NEWS

Markets filled with trinkets and spices are everywhere in Tunisia. Be sure to bargain with respect.

A LITTLE NIP

Tunisia may be a Muslim country where excessive drinking unwelcome, but it's also home to some of the best vineyards in the North African Region.

The nutrient rich soils of Grombalia grow fabulous grapes which blossom into amazing wines.

TOP IT OFF

Mud baths, massages or a steaming Hammam are all at your disposal at the colonial spa found at Korbous, Cap Bon peninsula

Having scrubbed your skin clean, get a Henna tattoo. The crushed henna plant, a natural dye, is made into a paste used to create some striking body art. Designs draw on superstitions and will help ward off the "Evil Eye!"

Depp guests on 48 Hours Mystery
Johnny Depp will appear on CBS's 48 Hours Mystery on Saturday to advocate the release of the "West Memphis Three," young men convicted in 1994 of murdering three boys during a satanic ritual. **POPEATER.CA**

Entertainment

Glee club
U.S. first lady Michelle Obama has invited the cast of Glee to perform at the annual White House Easter Egg Roll on April 5 — and, barring any last-minute glitches, they're gonna do it. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

The Crazies go 'over the top'

Star says new film is more love story than zombie flick

CHRIS ALEXANDER
for Metro Canada

Though marketed as a zombie film, Breck Eisner's remake of George A. Romero's post-Night of the Living Dead thriller The Crazies is really a kind of love story. Or at least that's what co-star Radha Mitchell thinks.

The lovely, lithe Australian actress is no stranger to horror films, having starred in 2006's cult surrealist shocker Silent Hill. But with The Crazies, it was the human element that persuaded her to sign on .

"I was in Calcutta when I got the script," says Mitchell, whose credits include Woody Allen's Melinda and Melinda and Jonathan Mostow's Surrogates.

"I wasn't sure about doing another horror film but it was the central drama, of this relationship between a husband and the love he has for his wife that appealed to me."

The Crazies charts the 48 hours following the outbreak of a stray biochemical weapon nicknamed "Trixie," a virus that snakes its way into a small town's water supply, turning all of its victims into red faced homicidal lunatics who murder anything with a heartbeat. Sheriff Timothy Olyphant (HBO's Deadwood) is one of the lucky uninfected, corralled by the government for relocation. His wife, Mitchell is not so lucky. His frantic search to find her is the story's main thrust.

"My character is tough," says the actress.

"To find a strong female role in this genre is so rare."

Though the film favours drama over gore, the look of the infected victims, or "the crazies" is suitably disgusting: Their skin is mottled, eyes blown out and pulsing veins protrude everywhere. Romero himself (who is credited as executive producer here) recently tols Metro that making Trixie's victims appear like rotting zombies (they're not) was an odd, potentially misleading choice, but Mitchell disagrees.

The Crazies opens in theatres on Friday

"The whole point of the movie is the juxtaposition between the horror and the humanity," she says.

"Breck wanted the crazies to be completely over the top, to make them terrifying. It's a theatrical device and it makes the heroes dangerous situation seem that much more intense."

Actresss Radha Mitchell says it was the human element of her newest movie The Crazies that persuaded her to sign on.

When I RETIRE I'm PLANNING to _____.
It's worth a talk.
ONLY 5 DAYS LEFT
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Charlie Sheen enters rehabs, takes break from TV sit-com

Charlie Sheen's publicist says the actor has entered rehab and is taking a break from the hit CBS show Two and a Half Men.

Publicist Stan Rosenfield wrote in a statement Tuesday that Sheen has voluntarily entered rehab for an unspecified reason and is seeking privacy.

The move comes roughly two months after Sheen's arrest in Colorado after being accused of holding a knife to his wife's throat and threatening to kill her. Sheen faces a felony domestic violence charge in the case. Sheen's wife, Brooke, is also in rehab for an undisclosed reason. **THE ASSOCIATED PRESS**

New Johnny Cash album released six years after death

Johnny Cash's voice comes in with a rumble, singing that there "ain't no grave that can hold my body down." A shuffling beat that sounds like heavy chains being carried back and forth accompanies him.

It sounds both reassuring and, let's be honest, a little creepy.

He's been dead for six years now. Even a voice that iconic can't speak from the Great Beyond, can it?

No, it's what he left behind — the sixth and last of the American Recordings series he made with producer Rick Rubin. The disc, American VI: Ain't No Grave was be released yesterday. Cash's 78th birthday would have been Friday.

Like the series' fifth disc, also released posthumously in 2006, it contains mostly recordings made by Cash in the last few months of his life. His way of working through the grief over his wife June's death, also in 2003, was to work as much as his health permitted.

"When we first went back and listened to the recordings after he had passed, it really just felt like this voice coming back from another place," Rubin said. "It had all this weight and gravity to it. It was scary."

You can hear the good days and bad days in his voice. Sometimes it's weak, as if Cash was struggling for his breath. Other times it's stronger, more familiar to fans who have listened to him for decades.

When he had finished the fourth disc of the series that gave him a professional rebirth, Cash thought the run was over. He was a little melancholic — until Rubin told him they should start the next one tomorrow.

"His eyes lit up," he said. "He really got excited. He didn't know if he could do it, he didn't know if anybody cared that he could do it. He felt like he'd given what he had to give. The possibility that there was more for him to give really excited him and from that moment on, he was really on."

Johnny Cash, who has been dead for six years, worked with producer Rick Rubin on American VI: Ain't No Grave.

The unadorned series of recordings were a late-in-life artistic revival for Cash, as he worked on songs expected and unexpected — like the memorable cover of the Nine Inch Nails' song Hurt.

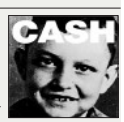
"When we first went back and listened to the recordings after he had passed, it really just felt like this voice coming back from another place. It had all this weight and gravity to it. It was scary." Rick Rubin

Along with the title cut, Ain't No Grave, the songs Cash sings includes ones by Kris Kristofferson, Sheryl Crow, Tom Paxton and an original he wrote in his last three years.

The final sessions produced enough material for two discs, and it was left to Rubin to decide how they would be configured. The 2006 disc was largely a rumination on mortality, but he feels the new one is more about how a person's energy can live on after death. The cover is a picture of Cash as a child.

"It does bring him back to life," he said. "He can live on by us being able to hear this, even though he can't show up and sing it for us. He left it for us to be able to feel him as if he were here." **THE ASSOCIATED PRESS**

Last of the Cash



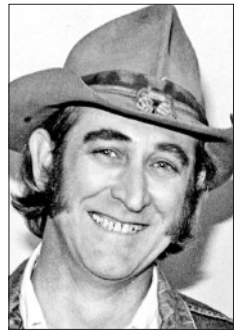
• Johnny Cash's American VI: Ain't No Grave is the final intalment in the critically acclaimed American Recordings series. Read our review in tomorrow's Metro.

Cameron prays for former co-star

Kirk Cameron is offering help to his former Growing Pains cast mate Andrew Koenig, who went missing in Vancouver over a week ago. "I am praying for his family during this time of distress and for his safe return," Cameron said. **POPEATER.CA**

Genre-expanding stars

Husky, Dean, Sherill, Williams enter Country Music Hall of Fame



THE ASSOCIATED PRESS FILE PHOTOS

File photos of country music singers Ferlin Husky (1973), left, and Don Williams (1979). They are two of four men who will be inducted into the Country Music Hall of Fame this year.

Ferlin Husky usually gets a lot of calls in the spring from friends telling him this has to be the year he'll be inducted into the Country Music Hall of Fame.

"Every year I've heard that — for the last 15 or 20 years," Husky said with a laugh.

This time it's true.

The Country Music Association on Tuesday announced that Husky and three other genre-expanding country music stars will be new inductees to the Hall of Fame.

Husky joins fellow crossover pioneer Jimmy Dean, producer Billy Sherrill and top-selling singer Don Williams. The men will be inducted into the Hall in Nashville, Tenn., later this year.

"The main thing I'm proud of this is for my family and for the many people who want to see me go in there before I die."
Ferlin Husk, 84, musician

It's been a long wait for Husky, who is 84. One of the best-selling popular artists regardless of genre in the 1950s and '60s, Husky figured he just wasn't country enough for the Country Music Hall of Fame.

"The main thing I'm proud of this is for my family and for the many people who want to see me go in there before I die," Husky said. "It's a great honour."

Husky and Dean — both selected as Veterans Era Artists in a tie under a new selection process this year — took country music to wider audiences by using the relatively new medium of television to earn new fans.

Dean, best known for the spoken narrative hit Big Bad John, hosted The Morning Show, an early morning variety show on CBS, was the first guest host for The Tonight Show and had his own variety show on CBS that featured country artists as guests.

He became a headliner at venues like Carnegie Hall and the Hollywood Bowl and became the first country star to play on the Las Vegas strip.

He also was an actor with parts in television and the movies, including the role of James Bond's ally Willard Whyte in the 1971 film Diamonds Are Forever.

Husky also achieved pop success before turning to TV and film. He was a variety show regular and among the first country artists to get a star on the Hollywood Walk of Fame.

He had several hits, including Wings of a Dove and Gone, and sold millions of records.

"I didn't say it was country, but it was a country boy doing it," Husky said.

Williams started his recording career with a folk-pop outfit and moved to Nashville in the early 1970s. He went on to record 17 No. 1 hits in the U.S. and earned a large following in Europe.

Sherrill, 73, ranks among Nashville's greatest producers and was named songwriter of the century by BMI in 1999.

THE ASSOCIATED PRESS

Bristol to appear on ABC

Teen mom Bristol Palin is headed to the small screen. She will play herself on an episode of ABC Family's The Secret Life of the American Teenager. USMAGAZINE.COM

Johnny Depp stars in Alice In Wonderland.

U.K. chain puts Alice on ice

FILM British cinema chain Odeon will not show Tim Burton's fantasy adventure Alice in Wonderland in Britain, Ireland and Italy because of a dispute over the timing of the film's DVD release, the company said yesterday.

Odeon objects to Walt Disney Pictures' decision to leave only 12 weeks between the film's theatrical and DVD releases in those countries, rather than the usual 17 weeks.

Odeon said it had invested "considerable sums of money in digital projection equipment to show 3-D films and a shorter window to screen films would undermine its investment."

THE ASSOCIATED PRESS

Adams, Sainte-Marie tapped for GG awards

Bryan Adams and Buffy Sainte-Marie are among the recipients of this year's Governor General's Performing Arts Awards.

The prizes, announced Tuesday in Montreal, are given for lifetime artistic achievement.

Quebec theatre actress and broadcaster Francoise Faucher, artist manager Walter Homburger, Quebec choreographer Edouard Lock and actor/stage director Robin Phillips — who spent six seasons with the Stratford Shakespeare Festival — round out the list of honourees.

"Time will never erase the pathways that these great performing artists have traced, both for us the public and for young generations of creators," said Gov.-Gen. Michaëlle Jean.

"For they are pathways of light that cross through our lives and shed a brighter light on everything they touch. And so we thank them for all of those rays of hope they shine on our world, which would otherwise be a darker and duller place."

Bryan Adams is among the recipients of this year's Governor General's performing arts awards.

Adams, born in Kingston, Ont., and raised in Vancouver, has won dozens of music awards and has racked up a slew of hit songs including Summer of '69, Run to You and Heaven.

Earlier this month, he was one of the featured performers at the opening ceremonies for the Winter Games.

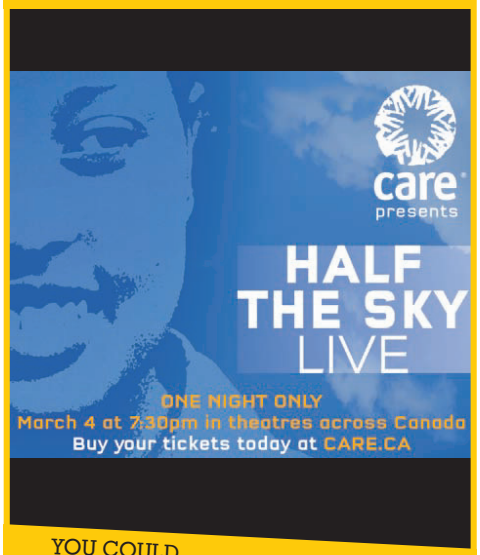
Saskatchewan-born Sainte-Marie is known for her music, philanthropy and activism. Her songs have been covered by a long list of high-profile artists and she co-wrote Up Where We Belong, which won the Academy Award for best song in 1982.

Jean will present the awards April 30 at Rideau Hall in Ottawa. Recipients each receive $25,000 and a medallion struck by the Royal Canadian Mint.

The Ramon John Hnatyshyn Award for Voluntarism in the Performing Arts was given to Mohammed and Yulanda Faris, prominent supporters of the Vancouver arts community for four decades. THE CANADIAN PRESS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/24/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (CC)		Republic of Doyle		CBC News: The National (N)		City-lan
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Can't Stop Won't Stop		Doctors Without Borders		The Simpsons	The Simpsons	King of Hill
	250	321	9 CTV	(3:30) XXI Winter Olympics Hockey, Short Track Speed Skating, Bobsledding, Freestyle Skiing, Medal Ceremonies. (Live) (CC)								
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice "Black Widows"		The Standard		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (CC)		Kitchen Nightmares (CC)		The Deep End (CC)		News
	256	389	12 VI	TMZ (N) (CC)	Access H.	American Idol The top 12 male semifinalists perform. (CC)				CSI: NY "Epilogue" (CC)		A News (N)
	253	359	13 CITY	Murdoch Mysteries		How I Met	How I Met	Family	Family	Cougar Town	Cougar Town	EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (CC)		Gossip Girl (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds (CC)		CSI: NY "Epilogue" (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Olympic Zone	XXI Winter Olympics Freestyle Skiing, Bobsled, Speed Skating, Skiing. (Same-day Tape) (CC)						
	602	568	19 W	Supernanny "Amouri Family"		Chef Worthy	Grocery Bag	Grocery Bag	Restaur.	A Family of Strangers (1993) Melissa Gilbert.		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Family	The Middle	Family	The Middle	Cougar Town	Cougar Town	KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	WarGames: The Dead Code (2007, Suspense) Matt Lanter.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	ArtZone	Steves Europe	Faces of America		The National Parks: America's Best Idea "Great Nature (1933-1945)"				
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol The top 12 male semifinalists perform. (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	48 PBS	National Parks: America		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Faces of America	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Investing	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	Life Unexpected (CC)		Gossip Girl (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	23 NW	Geologic Journey (CC)		CBC News: The National (N)		CBC News: The National (N)		Geologic Journey (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(3:00) XXI Winter Olympics Cross Country Skiing, Bobsled, Curling, Speed Skating. (Live)								Sportsnet
	400	400	30 TSN	(3:00) XXI Winter Olympics Curling, Short Track Speed Skating, Hockey, Skiing. (Live)								SportsCentre
	411	457	43 OLN	Ghost Hunters Academy		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters Academy		Ghost Hunters
	410	403	54 SCR	NBA Basketball: Lakers at Mavericks			Score Now	Score Now		Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pass Time	NASCAR Hub	Dangerous Drives		Pass Time	Pass Time	Wrecked
	416	409	144 GLF	Fútbol	Premier	La Liga 360		Gol TV News	Foot Brazil	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Fries That?	Prank Patrol	The Next Star "The Buzz"		Fries That?	Prank Patrol	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	60 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Blue Realm (CC)		Made in China (N) (CC)		Swan Lake Tchaikovsky's classic tale. (N) (CC)				Churchill's Isl
	575	583	20 CMT	Home Imp.	Home Imp.	Due South (CC)		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	MOD Live at the Base (CC)		Vancouver 2010 Concert		Make It or Break It "Pilot"		Love Court	My Date	Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Agent-Agent	Real Estate	Property	Unsellables	House
	615	520	31 A&E	Bounty Hunter	Bounty Hunter	Steven Seagal	Steven Seagal	(:01) Dog the Bounty Hunter		(:01) Dog the Bounty Hunter		Bounty Hunter
	628	584	32 SPKE	Ways to Die	MANswers	Blue Mountain	Ways to Die	MANswers	Ways to Die	CSI: Crime Scene Invstgtn.		Mysteries
	521	560	40 TLC	Confessions of a Reality		Half-Ton Dad (CC)		Half-Ton Teen (CC)		Confessions of a Reality		Half-Ton Mom
	616	522	50 SHO	Relic Hunter (CC)		Mistaken (2008, Suspense) Lana Parrilla, James Thomas. (CC)				HawthoRNe (N) (CC)		NCIS (CC)
	620	523	49 BVO	White Collar "Book of Hours"		Law & Order "Humiliation"		Without a Trace "Prodigy"		White Collar "Book of Hours"		Red Shoe
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	What	Real Housewives of New York		Real Housewives, Orange		Runway
	520	505	42 DIS	Solving History-Olly Steeds		Daily Planet (CC)		Solving History-Olly Steeds		The Colony "A Test of Faith"		Man vs. Wild
	522	506	44 HIS	Ice Pilots NWT "Buffalo Air"		Nostradamus Effect (N)		Ice Road Truckers (CC)		Ice Pilots NWT "Buffalo Air"		Re-Inventors
	627	528	45 SPC	Supernatural (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager "Meld"	
	294	650	57 TBS	Meet, Browns	Meet, Browns	Lopez Tonight		Laffapalooza!		Name Is Earl	Name Is Earl	Lopez Tonight
	619	525	48 TROP	Rescue Ink "Biting Back"		Hoarders "Augustine" (CC)		Hoarders "Linda; Steven"		Parking Wars	Parking Wars	Spoiled
	603	561	62 FN	Chopped "Winging It" (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Chopped "Winging It" (CC)		Iron Chef Am.
	-	-	59 AMC	(5:00) Forrest Gump ★★★		Forrest Gump ★★★ (1994, Drama) Tom Hanks, Robin Wright, Gary Sinise.						Secret-My
	626	547	67 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	(:40) Hot Box	Daily Show
	320	621	60 CEN	(6:05) Down to the Dirt (2008)		The Haunting in Connecticut ★★ (2009)			(:45) Towelhead ★★ (2007, Drama) Summer Bishil. (CC)			
	581	566	101 MTV	The Real World (N) (CC)		MTV Live	Sex News	16 and Pregnant "Nikkole"		The Real World (CC)		MTV Live
	261	394	102 V	Unscripted	God Bless	Poltergeist: The Legacy		Project X ★★ (1987) Matthew Broderick, Helen Hunt. (CC)				Paid Program
	-	-	105 MUL	My Queen	Immortal	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

CLUB METRO WEEKLY OFFERS



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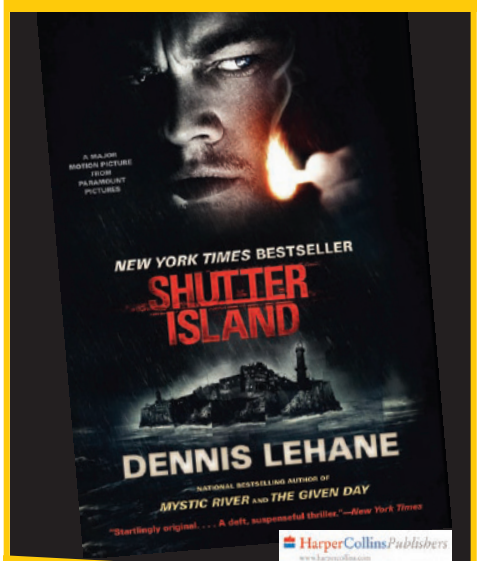
A ONE NIGHT ONLY MOVIE EVENT THAT WILL CHANGE YOUR LIFE!



YOU COULD WIN PASSES TO SEE

SHUTTER ISLAND

AND A COPY OF THE BOOK!

visit clubmetro.com and enter for your chance to WIN!

To register and for full contest details visit clubmetro.com

Outstanding everyone in the room (she's nearly six feet tall)
Naomi Campbell, 39, was given the Outstanding Contribution award at Tuesday's Elle Style Awards in recognition of her 25-year career and the work she does for safe pregnancy charity The White Ribbon Alliance, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

ANDY DICK wants to share, **NICOLE "SNOOKI" POLIZZI** is easily starstruck, **BOW WOW** asks the tough questions, and **KIRSTIE ALLEY** likes criticizing herself.

@andydick i'm gonna start streaming live again...if my lawyers let me.

@Snooki Bahaha just got a personal video from mr. belding from saved by the bell

@BowWow How many women wish they woke up rolled over and there i was in your bed?

@kirstiealley I love calling myself an idiot... I know my IQ.... Doesn't have any connection to my abilities... Just my inabilities

METRO NEWS SERVICES

Where it's at ... I got two cartons of smokes

AND A SHOT OF B12 Lindsay Lohan knows how to handle jet lag.

The actress hurried back from London to host a party in Atlantic City and reportedly wanted to make sure the time change didn't affect her.

"She said she was suffering from jet lag and requested that a doctor be on call to administer B12 shots if needed," a source tells Page Six.

"Her other demand was two cartons of cigarettes."

Lohan then relaxed in a private cabana with her mother and friends, where she criticized the DJ, saying "a certain ex-girlfriend" could do better — a reference to ex Samantha Ronson.

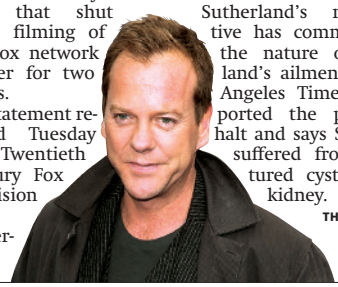
METRO WORLD NEWS

Beep ... beep ... beep ... beep

GOES THE ANESTHESIA MACHINE The clock will start ticking again for 24 when Kiefer Sutherland returns to the set Monday after surgery that shut down filming of the Fox network thriller for two weeks.

A statement released Tuesday from Twentieth Century Fox Television says Sutherland has been cleared to return to work. The studio says no disruption is expected in the airing schedule.

Neither the studio nor Sutherland's representative has commented on the nature of Sutherland's ailment. The Los Angeles Times first reported the production halt and says Sutherland suffered from a ruptured cyst near his kidney.



THE ASSOCIATED PRESS

A Canadian pops up in Paris

AND THEN GETS MOBBED. WELL, WE ARE PRETTY AWESOME Teen pop sensation Justin Bieber had to cut an in-store appearance in Paris short after the event descended into chaos, according to PopCrunch.

Bieber was told by police that they could not control the thousands of screaming fans who showed up.

"They reorganized the crowd and we got it going but after a little while the police stopped it and came in and said it was over and I had to leave," the 15-year-old singer posted on his Twitter account.

"Sorry to any of the kids I didn't get to meet."

METRO WORLD NEWS

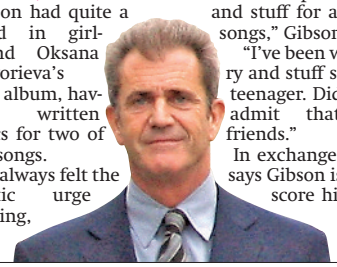
Feel his poetic urge coming

EWW! NO, PUT IT AWAY! Mel Gibson had quite a hand in girlfriend Oksana Grigorieva's new album, having written lyrics for two of the songs.

"I always felt the poetic urge coming, so I've been providing lyrics and stuff for a few of her songs," Gibson tells Extra.

"I've been writing poetry and stuff since I was a teenager. Didn't want to admit that to my friends."

In exchange, Grigorieva says Gibson is letting her score his next film.



METRO WORLD NEWS

Measuring up to the ghosts of lovers past

USING RUSSELL'S OWN PERSONAL 'MEASURING STICK' Katy Perry admits that fiancé Russell Brand's history as a "ladies' man" can be a bit daunting.

"Can you imagine the kind of responsibility I have with his reputation?" she says, according to Showbiz Spy.

"I'm bedridden most of the week."

But the singer insists she's happy to let the British comedian lead.

"He's the boss; he calls the shots. I like that. I've been waiting for someone I couldn't steamroll."

METRO WORLD NEWS

And with Janet there'll be 5

LA TOYA WAS ON A SÉANCE Janet Jackson has reportedly agreed to join brothers Tito, Jermaine, Marlon and Jackie for a Jackson 5 reunion tour later this year that was originally supposed to feature Michael Jackson.

"Janet will be joining us. We're all talking about it now," Jermaine told Australian reporters, according to Hollyscoop.

"She has never played with us before, so that will be very special. She definitely wants to do it.

"We had a conference call and Janet has agreed to join us on tour."

Jermaine also said the group will likely use some of the sets built for Michael's This Is It shows in London.

GETTY IMAGES

METRO WORLD NEWS

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk

with Lainey Lui

ROBERTO LUONGO. Vancouver goaltender Roberto Luongo is now charged with guarding the home side as Team Canada faces a difficult road to hockey gold. He is playing on familiar ice at GM Place and he makes a point of starting every game at home if he's healthy because he feels he owes it to the home fans. It's his rink, it's his town, and he says he's ready for the challenge. Here are three things you might not know about Roberto Luongo:

ONE Luongo replaces Martin Brodeur in net. Both grew up in St Leonard, Que., a suburb just outside Montreal, where both have arenas named after them.

TWO Luongo's first boss was his dad. He worked in the family shoe store selling shoes as a teenager before devoting most of his free time to hockey practice.

THREE He listens to U2, his favourite band, to get hyped up before games.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

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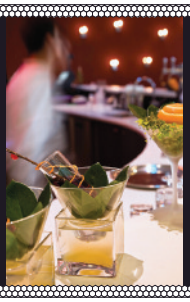

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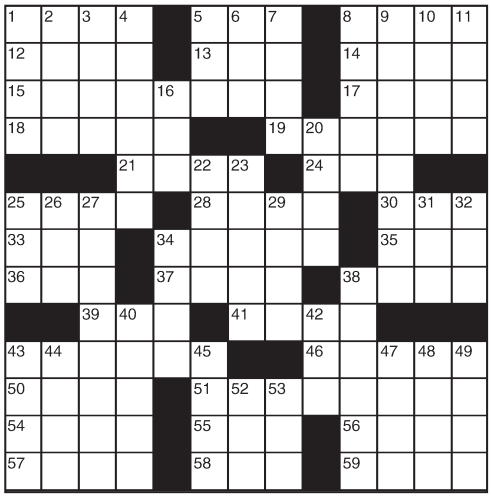
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Not pizzicato
5 Matterhorn, for one
8 Additionally
12 Fish's breather
13 Greet the villain
14 Burden
15 Nut
17 Division word
18 Omega's opposite
19 Scanty
21 — and crafts
24 Donkey
25 Nuisance
28 Min. fractions
30 Venusian vessel?
33 Ostrich's cousin
34 Utterly defeated
35 Debtor's letters
36 Tire pressure meas.
37 Tennessee emblem
38 Undo a dele
39 AAA job
41 Church recess
43 Frenzied
46 Plankton, in part
50 Mormon State
51 Recklessly
54 Erato is one
55 Piercing tool
56 Sicilian spouter
57 Fishing site
58 Golf ball holder
59 Crucifix

DOWN

1 Turkish title
2 Money of Cambodia
3 Applaud
4 Trite
5 Lawyers' org.
6 Part of UCLA
7 Verse
8 Assumed name
9 Forte
10 Fill till full
11 Smell
16 Jam ingredient?
20 Right on the map?
22 Despot
23 Old photo tint
25 Energy
26 Type measures
27 Grip
29 Point
31 Adversary
32 Chic no more
34 Bird of New Zealand
38 Merchant
40 Different
42 Blue
43 Camel feature
44 Needle case
45 Converse
47 Attend
48 Domini preceder
49 "Zounds!"
52 Ram's ma'am
53 Hearty quaff

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8		3			
	4						7	
9	3	2				4	1	8
		8	3		7	2		
7								5
		4	2		9	8		
6	7	3				1	8	2
	8						5	
			1		6			

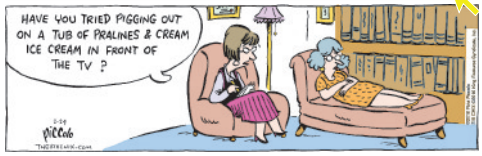
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	A	L	T		S	E	A		S	L	O	E
O	R	E	O		P	A	L		H	A	N	D
S	P	A	N	N	E	R	S		R	O	T	E
			S	A	W		O	R	I	S	O	N
S	P	R	I	G		O	R	A	N			
O	R	E	L		S	P	A	N	K	I	N	G
B	O	B		S	W	A	N	K		B	I	O
S	P	A	N	I	E	L	S		G	I	S	T
			E	R	A	S		A	U	D	I	O
S	A	U	C	E	R		O	W	N			
L	U	S	T		S	P	A	N	G	L	E	D
A	R	E	A		I	R	K		H	A	T	E
P	A	R	R		N	O	S		O	V	A	L

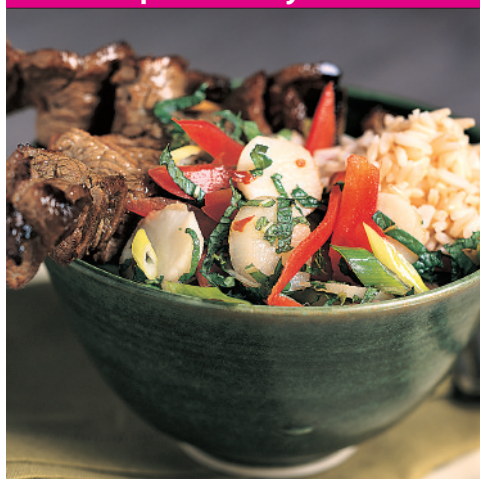
1	3	9	5	6	2	4	8	7
7	6	5	4	3	8	2	1	9
2	8	4	1	7	9	5	3	6
4	5	1	2	8	6	7	9	3
8	9	7	3	1	4	6	5	2
3	2	6	9	5	7	1	4	8
9	1	3	7	2	5	8	6	4
5	7	8	6	4	3	9	2	1
6	4	2	8	9	1	3	7	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Asian BBQ Beef

INGREDIENTS:

1 flank steak, trimmed
1/2 cup orange juice
2 tbsp soy sauce
2 tsp sesame oil
1 tbsp plus 1 tsp light brown sugar
1 tsp ground ginger
1/4 tsp red pepper flakes
1 red pepper, slivered
2 scallions, thinly sliced
2 tbsp chopped fresh mint
1/2 tsp salt
227 mL can sliced water chestnuts, drained
1 cup brown rice

METHOD:

1. Thinly slice flank steak across grain for 8 thin slices.
2. Combine 1/4 cup orange juice, soy sauce, sesame oil, 1 tbsp brown sugar, ginger and 1/8 tsp red pepper flakes in shallow bowl. Add beef slices, tossing to coat. Cover and refrigerate 1 hour.
3. Combine red pepper, scallions, mint and salt with remaining orange juice, 1 tsp brown sugar, and 1/8 tsp red pepper flakes. Add chestnuts, toss, and refrigerate until serving time.
4. Cook brown rice. Fluff with fork.
5 Preheat broiler. Lift meat from marinade and thread onto eight skewers. Place skewers on broiler pan and broil 4 in. (10 cm) from heat, brushing with marinade after 2 minutes. Turn skewers and broil 2 minutes. Serve skewers on rice with water chestnut salad.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
It may be easy to avoid an unpleasant scene, but is it wise? Sooner or later you are going to have to deal with this situation, so why not deal with it now?

TAURUS ♉
APRIL 21-MAY 21
The Sun is moving through the area of the heavens that governs friendships, group activities and what you truly believe.

GEMINI ♊
MAY 22-JUNE 21
Promises made in the heat of the night have a way of falling apart, so make sure you can deliver before you promise a loved one the world.

CANCER ♋
JUNE 22-JULY 22
The Sun in Pisces makes you eager for new experiences but that eagerness could be your undoing.

LEO ♌
JULY 23-AUG 23
You have a knack for being in the right place at the right time and at some point today you will benefit from another individual's loss.

VIRGO ♍
AUG 24-SEPT 22
It does not matter that you have a pile of work to get through, you must make time for loved ones today.

LIBRA ♎
SEPT 23-OCT 23
Little things can seem so important but, of course, in the greater scheme of things they are of no real significance.

SCORPIO ♏
OCT 24-NOV 22
Scorpio is a Water sign, which means that you tend to listen more to your heart than your head.

SAGITTARIUS ♐
NOV 23-DEC 21
Although loved ones may be more emotional than is good for them at the moment, you will only make matters worse if you yell at them.

CAPRICORN ♑
DEC 22-JAN 20
You may have more energy than most people but not even you can keep up this red-hot pace forever.

AQUARIUS ♒
JAN 21-FEB 18
An arrangement of some kind is not working out the way you expected and the $64,000 question is: what are you going to do about it?

PISCES ♓
FEB 19-MARCH 20
With the Sun moving through your birth sign it is only natural that you should be a bit full of yourself at the moment, but don't let it go too far.

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